

ADVICE FOR MAKING IT ALL WORK FOCUS ON CONTINUING EDUCATION (pages 26-27)



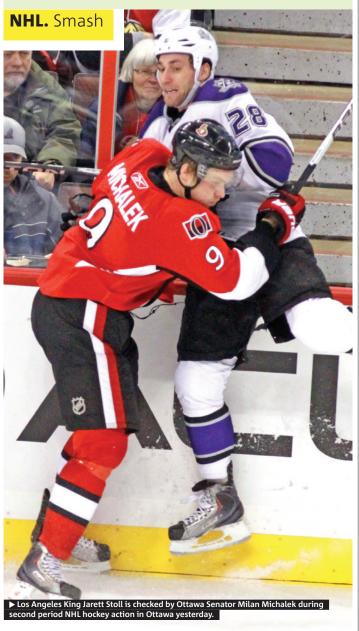
SET LIST WHY WOULD **CYRUS SWITCH?** DISH (page 18)



Tuesday, November 23, 2010 www.metronews.ca



**News worth sharing** 



# Council also voted to reject a recommodate delegations from citizens. Wellness Metro's going to

• Getting in shape before you get hitched From head to toe: A full-body tune-up O Cutting cough meds for kids a mixed bag: Study {page 19-22}

pump you up

# Horticulture building on the move: **Counci**

• Council tackled Lansdowne one last time before end of term on Dec. 1 • They deferred a decision on hosting Farmer's Market in horticulture building year-round



City councillors wrangled over details yesterday but voted 16-5 to approve the site plan for redeveloping Lansdowne Park.

The site plan calls for moving the horticulture building 120 metres to the northwest corner of Lansdowne.

mendation from the city's heritage advisory committee against relocating the historic building.

The meeting was a continuation of last Friday's special session of council, which had adjourned without a vote to accom-

"There's an optimism around the city that we're finally going to do something with Lansdowne Park that will make it again become the jewel of the city."

MAYOR LARRY O'BRIEN

Capital Coun. Clive Doucet introduced a motion to delay the site plan approval until after Dec. 1 so that the newly elected council could deal with it instead of the outgoing "lame duck" council.

Orleans Coun. Bob Monette characterized this as "passing the buck" and council voted the motion down.

# Ontario slugger named MVP

Joey Votto claims National League's top honour {page 28}

# **Water festival** turns deadly

Stampede in Cambodia kills hundreds of people (page 8)

# Win for Sens, milestone for Kovalev

The Sens defeated the Kings 3-2 last night. Ottawa's Alex Kovalev recorded his 1,000th point last night with a power-play goal midway through the first period.



# Google maps out future of cycling

Ottawa will be first city outside the U.S. to launch bike directions



Cyclists in Ottawa will soon be able to map out bike routes on their computers and smartphones.

Google Canada announced yesterday at the Sustainable Mobility Summit that its maps website will be updated by next week to include biking directions in several major Canadian cities.

'When we get a biking route, you'll see the map changes to our bike layer, which is optimized for biking," said Shannon Guymon, project manager with Google.

'We deemphasize freeways and we emphasize bike trails "

"We're proud to be the first region in the country to be fully operational on biking directions for Google Maps," said NCC CEO Marie Lemay.

## Google-bike it

The Canadian launch will include cities such as Gatineau, Toronto, Vancouver and Waterloo

- The website will use a colour-code system to indicate roads' suitability for biking.
- The NCC has over 220 kilometres of pathway, which attract millions of people
- Mobile users with Android, BlackBerry, and (soon) iPhone smartphones, will be able to access bike directions on the go.
- Users are encouraged to send feedback on website to add and correct trails.

250 The number of U.S. cities Google has partnered with since March to offer online bike directions.



# **Volatile weather takes toll**

The freezing rain the city received late Sunday night wreaked havoc on the area's highways as a series of collisions were reported.

Four City of Ottawa paramedics were injured after vehicles struck stopped emergency vehicles on the side of Highway 417 in two separate incidents Sunday.

Paramedics said two collisions involved motorists who slammed into ambulances on scene, resulting in severe damage to vehicles and injuries to paramedics.

Between 9 p.m. Sunday night and noon yesterday, paramedics responded to 52 calls for falls. Injuries ranged from sprains to fractures and concussions. The service also responded to 33 motor vehicle collisions.

While the freezing rain warning is over, this week, Ottawa will see a mixed bag of weather, said Peter Kim-

# "It's going to be a bit of a yo-yo."

ENVIRONMENT CANADA'S PETER KIMBELL. ON THIS WEEK'S WEATHER

bell, warning preparedness meteorologist with Environment Canada.

Temperatures climbed overnight and will reach a high of 12 C today, cooling off this evening to reach a low of -11 C by Thursday morning, Kimbell said.

# News in brief

# Police officer honoured

AWARD. An Ottawa police officer received the firstever chief's commendation last night for his outstanding actions.

Const. Mannix Velho. who received the award at the police services board meeting, "demonstrated the highest standard of conduct" during the arrest of a dangerous suspect who had been at large for 12 days. TRACEY TONG

# **Savour Ottawa** savours success

CELEBRATION. The fifth annual Savour Ottawa Networking Summit was held yesterday at the NAC to review this year's successes, including Savour Ottawa's receipt of the Culinary Tourism Leadership Award. JOE LOFARO

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# \$30M to boost Métis community

New federal funding announced in Ottawa yesterday will help Aboriginal Peoples in Ontario get the skills they need to find and keep jobs.

The Métis Nation of Ontario will get more than \$30 million through the federal Aboriginal Skills and Employment Training Strategy, announced Shelly Glover, parliamentary secretary to the minister of Indian Affairs and Northern Development.

The Métis Nation of On-

tario will design and deliver employment programs and services for Aboriginal Peoples in Ontario, helping people secure jobs and aboriginal youth return to school or find work.

"Investing in training is one of the most important measures our government is taking to protect Canada and its workers today, while strengthening the long-term competitiveness of our economy," Glover said.

TRACEY TONG



# **Taking Canada digital**

◆ 'Success in the digital economy will not come from what government does alone': Minister ◆ Clement says it will take governments at national, provincial, territorial and municipal levels, private sector and academia



Few areas offer greater reason for optimism than what can be broadly defined as the digital economy, said Minister of Industry Tony Clement yesterday.

"That's because the ef-

"That's because the effective adoption of information and communications technologies dramatically increases an economy's ability to innovate. It transforms products, processes, and business models," he said.

"It accelerates discovery ... it connects ideas and individuals in ways we could not imagine just a few short years ago."

Clement, who gave an update on the development of a digital economy strategy at the International Institute of Communications Canada conference



yesterday, said Canada has to find ways to reap the benefits of a digital economy. Clement said the Canadian government has a clear vision of what can be achieved.

"By 2020, the Harper government sees a Canada that boasts a globally competitive digital economy, characterized by innovation ... and enhanced productivity, where businesses, communities and individuals have the skills they need to use digital technologies to their advantage."

In 2007, the government launched a framework to guide Canada's technology policy into the future.

## Critical ideas

There are five areas that are critical to creating a digital Canada, according to Tony Clement.

- Building a world-class infrastructure that connects ideas, individuals and opportunities.
- Encouraging businesses to adopt digital technologies to boost their productivity and to drive innovation.
- Developing a digitally skilled workforce.
- Growing successful Canadian companies to supply digital technologies to global markets.
- Creating made-in-Canada content across all platforms to bring Canada to the world.

Clement said he would launch consultations on Canada's digital economy strategy.

# RUNNING OUT OF STEAM? YOU MIGHT BE IRON-DEFICIENT!

The body uses dietary iron to transport vital oxygen to all its tissues. However, many people, especially women, children, elderly people and athletes, do not get enough iron to satisfy their needs. Are you finding it difficult to get through the day?

# More common than you might think ...

Did you know that one woman in four is iron-deficient? Iron

deficiency can make you feel faint, tired and irritable, and make it difficult to concentrate. Other signs that your body's iron levels are too low include: dark circles under the eyes, headaches, pale skin and an increased need for sleep.

Lack of iron is the most common nutritional deficiency in the world. There are varying degrees of iron deficiency – and you may not even be aware that your iron is low. Elderly people, athletes, pregnant and nursing women, and vegetarians may have an increased need for iron supplementation.

## Iron is essential

Since your body cannot produce iron by itself, you have to get it from your daily diet. Most of your iron goes to making hemoglobin - the colouring substance of red blood cells. Iron is essential for the transportation of oxygen in the

body. It's almost impossible to get enough iron from your daily diet to ensure the proper functioning of your body.

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and co-factor vitamins, Floradix is highly absorbable and quickly replenishes iron levels, which helps to restore vitality! Today, Floradix is highly recommended by health care professionals because it is easy on the digestive tract as well.

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# Are you iron-deficient?

- Do you often feel listless, weak or irritable?
- ☐ Do you look pale, lack appetite or feel tired?
- Are you often cold or chilly?
- Do you have brittle hair and nails?
- Are you pregnant or nursing or planning to become pregnant?
- Have you lost a lot of blood (e.g. from surgery, injury or donating blood)?
- Are you vegetarian?

The more questions you answered "yes" to, the higher your risk of being iron-deficient. Iron deficiency often goes undetected, so you may want to ask your doctor for a serum ferritin test, the most sensitive measurement of iron stores in your blood.

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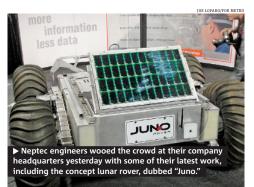
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# Fuel for big dreams

Centres give entrepreneurs access to experts, investors who can help sell idea • 'Wealth derived by the strength of innovation,' says minister

Moments before operating a concept lunar rover at high-tech company Neptec yesterday, Minister of Re-search and Innovation Glen Murray announced new funding for Ottawa.

The Ottawa Centre for Research and Innovation has been selected to join the Ontario Network of Excellence, which will receive a \$2-million commitment. "We don't have national

economies anymore," said

Kanata-based Neptec developed a concept lunar rover vehicle — a larger version of the Mars rover.

"It's a great integration

and test platform," said senior Neptec engineer Brad Jones, who added that manipulator arms, microscopes, and vision systems could be used on vehicles like this. O JOE LOFARO

# **MP** touts benefits of working from home

If yesterday's icy morning commute had you dreaming of working from home, you're not alone.

Since Workopolis, a job website, started a Facebook page in support of a National Work from Home Day in June, it's gained 50,000 supporters.

Now Michael Savage, the Liberal Human Resources critic, is a con-

"I think this is where we need to be," Savage told Metro Ottawa yesterday. "Work has changed

kilograms of CO2 emissions are saved by one million people working from home one weekday a year, according to the David Suzuki Foundation.

over the years. People

don't have to be chained to an office. They can work from outside the office and home is as good a place as any."

He'll speak in the House of Commons to-morrow in favour of more people working from home, which he believes would enhance productivity and work-life balance while cutting carbon emissions.

# **Cellphones** present ĥidden risks: Doc

People should take a closer look at the health risks that cellphones pose, one of the world's foremost scientific experts on the subject said yesterday.

There's growing evidence that cellphones cause damage to other cells besides brain cells in the biological system, said Dr. Devra Davis, who will be speaking about how cellphones hurt their users at a public seminar entitled Disconnect: The Truth About Cell Phone Radiation, What the Industry Has Done to Hide It, and How to Protect Your Famiat Congregation Machzikei Hadas at 7:30 p.m. tomorrow.

The information, said Davis - who is founding director of the Board on Toxicology and Environmental Studies at the United States National Academy of Sciences has been coming out for vears.

"But we're so focused on brain cancer that we've "Most people don't realize that cell phones are a two-wav microwave radio."

missed the big picture. It's not about brain cancer

There's evidence from seven different countries that cellphone usage hurts sperm cells and impairs DNA repair.

Cellphones also release shock proteins that traumatize cells, she said, as well as increasing memory loss and the risk of Alzheimer's disease and cancer.

Davis said she wants to see legislation that requires cellphone manufacturers to put warning labels on phones.

Because half of the world's four billion cellphone users are under 20 years of age, Davis has geared much of her findings to young people by conveying information through YouTube videos.

The talk is part of a cancer prevention lecture series by Prevent Cancer

TRACEY TONG

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# Breakdown delays mine rescue effort

# ● Mechanical issues for robot in attempt to locate missing miners ● No confirmation of survival yet

The bid to rescue 29 New Zealand coal miners trapped underground by a massive gas explosion ran into more problems today as a mechanical robot broke down inside a tunnel and hard rock layers slowed progress on drilling to test the air.

Police Supt. Gary Knowles said the army robot sent in to transmit pictures and assess toxic gas levels was damaged by water and out of commission. Authorities were urgently seeking other such robots from West Australia and the U.S. to replace the broken one, Knowles said.

"I won't send people in to recover a robot if their



lives are in danger," he said.
"Toxicity is still too unstable to send rescue teams in"

Making matters worse, the drilling team boring into the mine tunnel had hit "very hard rock" overnight, Knowles said.

The police superintendent's statements came as rescuers waited impatiently for a chance to test if air quality underground was safe enough for them to go in to pull out the miners, who have been trapped for nearly five days.

Family members have expressed frustration with the pace of the response as officials acknowledge it may be too late to save the miners, who have not been heard from since a massive explosion ripped through the Pike River Mine on the country's South Island on Friday.

THE ASSOCIATED PRESS



# Court considers prostitution law

Bowing to speculation that Canada will be plunged into a wild social experiment in prostitution if a landmark court ruling stands means turning a blind eye to violence against sex-trade workers, court heard yesterday. It's now up to an Ontario Appeals Court judge to decide if what amounts to decriminalized prostitution should come to the province, as another judge ruled, or if the ruling should be put on hold to allow Parliament to craft stop-gap measures.





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By Jamie Golombek Managing Director, Tax and Estate Planning, CIBC

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# Cambodian fest turns tragic

Celebration in capital city turns into chaos on final day ◆ Hundreds reported dead and injured

Thousands of people stampeded during a festival in Phnom Penh last night, leaving more than 345 dead and hundreds injured.

The crowd — who were celebrating the end of the rainy season on a sliver of land in a river — tried to flee over a bridge and were crushed underfoot or fell over its sides into the water.

Prime Minister Hun Sen said on television that it was the worst tragedy to strike the country since the communist rule of the Khmer Rouge, whose radical policies are blamed for the deaths of 1.7 million people during the 1970s,

He ordered an investigation into what caused the stampede and declared Thursday a national day of mourning.

THE ASSOCIATED PRESS

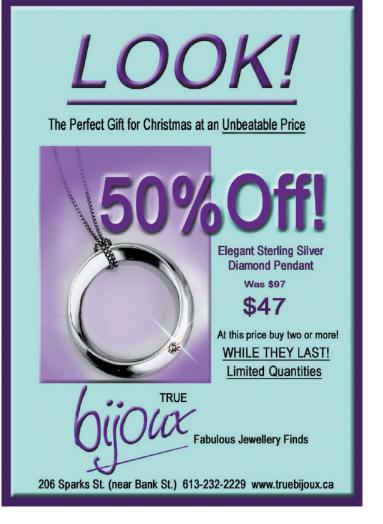
## Pushed to panic

Authorities estimated over two million people would come to Phnom Penh for the three-day festival to see boat racing.

- ➤ The last race ended early yesterday evening local time, and the panic started later on Koh Pich Diamond Island a long spit of land wedged in a fork in the river where a concert was being held.
- The panic began when about 10 people fell unconscious in the crowd. The chaos led to a stampede, with many people caught underfoot.
- A witness described the scene as bodies stacked on bodies."







# **Baby boomers** missing out

● 56% of women say their sex-drive has decreased with age

Baby boomers in the U.S. are the unhappiest age group when it comes to their sex life.

Yet, a majority of boomers think they have learned just about all there is to know on the subject according to a new Associated Press-Life-GoesStrong.com poll.

Among people aged 45 to 65, 59 per cent of women think they know all about sex, while just 48 per cent of men share that

## Sexual divide

The 60s heralded the sexual revolution, but has that generation maintained its appetite?

The APLifeGoesStrong poll found that with baby boomers, 28 per cent of men and 21 per cent of women are dissatisfied with their sex lives.

confidence level.
"I don't think a single person in the whole world knows all there is about sex," commented Debby Herbenick of the Center for Sexual Health Promotion at Indiana University.

Of baby boomers, some 24 per cent say they are dissatisfied, compared with 12 per cent of 18-29 year olds, 20 per cent of 30-44 year olds and 17 per cent of those over 65. THE ASSOCIATED PRESS



# A sight for sore eyes in Connecticut

It has been a week to remember for the members of the 1st Battalion Connecticut National Guard. More than 600 soldiers have returned home from Afghanistan.

A string of 10 **10** Such robberies in early October led to the firing of 19 police battalion leaders.

# Rio hijack murder

Armed men who used roadblocks to trap and rob drivers killed a man

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over the weekend in Rio de Ianeiro. THE ASSOCIATED PRESS

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# Ottawa no longer big spender?

# ▶ Flaherty says feds can't risk economic recovery ▶ Budget expected early next year

Ottawa will continue to cut business taxes to spur job creation but plans no major new spending programs in the coming budget as it tries to tame the deficit, says Finance Minister Jim Flaherty. In a speech yesterday, Flaherty said the federal government will move ahead with plans to reduce taxes for small and medium-sized businesses next year, part of legislation passed in 2007. Flaherty said an academic study of the plan concluded it would lead to \$49 billion in greater capital investment and 233,000 new jobs in Canada in the years ahead.

"To increase taxes on

businesses now, as some of our opponents are proposing, would put hundreds of thousands of jobs in jeopardy at a time when our economy remains fragile," the minister told the Oakville Chamber of Commerce as part of his prebudget consultations.

The 2011-12 federal budget is expected in late February or early March. Ottawa will begin to pare down its deficit this year,

## Bernier's view

In Montreal, Conservative MP Maxime Bernier predicted Flaherty will table a tough budget next year.

Bernier said: "We will have to cut spending without increasing taxes, without cutting transfers to provinces and we will have to look in our own court and we will do it."

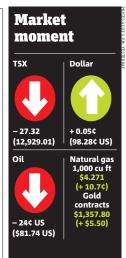
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# MOM AND DAD, IS THAT REALLY YOU?

She says ...

JESSICA NAPIER

I hate to admit it, but my parents are 100 per cent cooler than me and they always have been.

have a beautiful retro photograph of a 24-year-old version of my mother wearing high-heel clogs posing against a motorcycle somewhere off the 101 freeway in California. Every time I look at it I wonder, who is that hot young thing and why the hell did she throw away those gorgeous shoes? All of the old Polaroids of my long-haired, short-short wearing father evoke the same sort of reaction.

Are these people really my parents?

As children it's hard to imagine, but the older we get the more we come to realize that,

yes, mom and dad did have a life before we came along, and it was pretty awesome.

As I rummage through the photo albums of my parents' past

I can't help but feel nostalgic for them and also a little bit guilty. Am I responsible for turning these freewheeling, cowboy-boot wearing flower children into responsible adults with a mortgage and a minivan?

Crowd-sourced photo blog mypar-

entswereawesome.tumblr.com/ celebrates the lives of moms and dads before the house in the suburbs and the sensible footwear. Creator Eliot Glazer asks contributors to submit photographs of "parents when they were superawesome." The result is a beautifully curated collection of weathered images that feature feathered hair, outrageous fash-

"Theirs was

a passionate

generation

that embraced

recreational drug

use, free love

and real political

activism."

ions and plenty of oversized glasses.

Growing up in the '60s and '70s, our parents couldn't help being hip. Theirs was a passionate generation that embraced recreational drug use, free love and real political activism. They had better music, bet-

ter clothes, better facial hair (outstanding Movember 'staches aside) and probably a lot more

What do we have? Sky-high rent, digital friendships and bed-

bugs.

To this day I know my parents still are a little bit cooler than I'll ever be (even though they still own that minivan). I'm pretty sure that had we been the same age in their youth they wouldn't have even hung out with me. Back then they were rebellious hippies that travelled the world. Today, they're just greying versions of those same adventurous people.

I did eventually get myself a pair of clogs. I thought they were pretty great. When I showed them to my mother she just rolled her eyes and laughed, "Those are nice darling, but I had the originals."



Read more of Jessica Napier's columns at metronews.ca/shesays

**Cartoon** 

MICHAEL DE ADDI

# Sink your teeth into this



# Worth mentioning

With their pointy teeth and fearsome reputations, sharks may not be the best poster child for species in danger, but environmentalists say the predators are in dire need of protection.

Marine experts and conservation groups hope an Atlantic conservation conference in Paris this week will bolster what they say are disastrously inadequate rules on shark capture.

Conservation group Oceana wants delegates to toughen the existing ban on shark-finning — the practice of slashing prized fins off the animals and tossing them overboard to



die — as well as prohibiting the capture of some threatened Atlantic sharks and setting catch limits for others.

Conservation groups say the rise of Asia's middle class, combined with the continent's penchant for pricey shark fin soup, a traditional delicacy, has turned sharks into a lucrative target.

"It's time the world looks at sharks and starts to set serious measures to save them, otherwise these creatures that have been around since before the time of the dinosaur will quickly go the way of the dinosaur," said Matt Rand, director for global shark conservation at the Pew Environment Group.

Is 3-D just another fad or here to stay?

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# Metro Minute at design conference

Because of high-density living patterns, the city to-day faces a series of challenges, such as spatial conflicts, cultural collisions, resource shortages and environment degeneration. Carleton's School of Industrial Design is holding the 33rd annual SID Seminar Series Conference on Better City, Better Life? Digital Cities, Participated

Cities and Cities of Conflict, today. The conference will host Canada Research Chair Télé-université de l'Université du Québec, Diane-Gabrielle Tremblay, Adbusters art director Will Brown, and professor of architecture and urban design at Sapienza University of Rome, Antonino Saggio.

TRACEY TON





#### Nickelback



Chad Kroeger and Nickelback were among the big winners at the Society of Composers, Authors and Music Publishers of Canada awards yesterday. They won for the songs Gotta Be Somebody and If Today Was Your Last Day. Other winners at the annual awards included Johnny Reid, The Road Hammers, George Canyon, Doc Walker and Great Big Sea, Spirit of the West was presented with the National Achievement Award for its career.



Inside the Disney Vault: Epic Mickey video game draws on Disney history



# A Disney princess-sized dream: Moore

In animated movie, her character Princess Rapunzel is much more than the damsel in distress, Mandy Moore says • Rapunzel story has a feminist streak



METRO WORLD NEWS IN HOLLYWOOD

The classic tale of Rapunzel gets reincarnated once again in Tangled, Disney's 50th animated feature. Renamed because the studio felt last year's The Princess and the Frog would've fared better had it not had the word Princess in the title, Tangled infuses the classic story with a strong feminist streak, with former pop-star Mandy Moore taking on the lead role.

"You can't get more classic than being part of a Disney animated film," Moore says. "For me, that's something I'll have in my back pocket for the rest of my life and I feel so honoured, so lucky, to think this film will be around

"To be a Disney princess in a Disney film, it has been a total dream come true."

MANDY MOORE, TANGLED

long after I'm gone."

And it wasn't just career bragging rights that drew Moore to the project. "I loved having the opportunity to portray a young woman who is so fearless," she says. "She's not a victim, she's not naïve; she's open and warm, engaged and spirited and ready to embrace the unknown, whatever comes her way. What I knew about Rapunzel was the sort of damsel in distress who lets down her hair so the prince can save her, and our story kind of flips that on its

# Moore facts

Disney's 50th animated feature showcases Mandy Moore as Rapunzel.

# Pop hits

Moore launched to fame in the late 1990s after releasing pop album I Wanna Be with You.

# Background

Born Amanda Leigh Mandy Moore on April 10, 1984, in Nashua, N.H.

# An EOS with Perspective.

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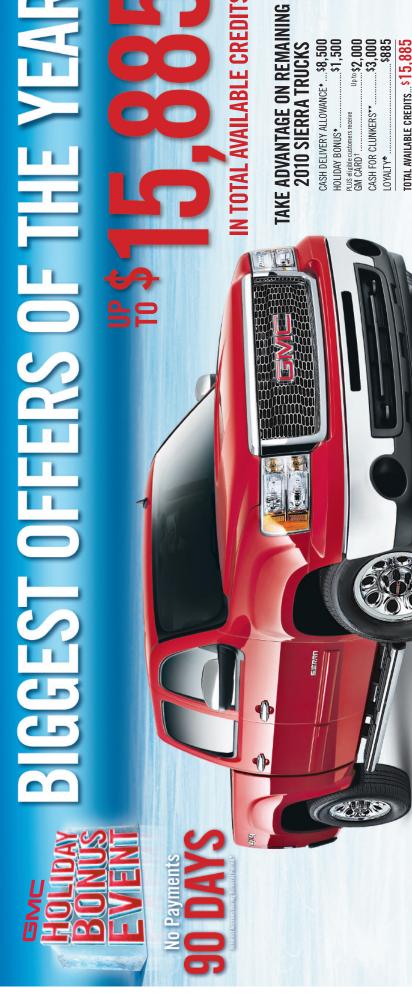












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# A tale of violence

# Billy Bob Thornton stars as flawed cop set out for revenge



METRO WORLD NEWS IN HOLLYWOOD

Billy Bob Thornton isn't exactly pleased with what's been coming out of Hollywood lately — to put it lightly.

"In our current state of affairs, especially in the entertainment business, we're living in a time when we're making — in my humble opinion — the worst movies in history," Thornton says.

"They're geared toward the video game-playing generation. And these video games, which I'm on my son about constantly, these games are people killing for fun, and I think traditionally in movies there's always been some kind of lesson in the violent movies."

It's that idea of a lesson that drew him to his latest film, Faster, a violent tale of an ex-con (Dwayne Johnson) on a bloody quest for revenge against the people who set him up. Thornton stars as a heavily flawed cop on his trail. "This movie doesn't say, 'Oh, here's this fun guy and we're going to do this tongue-in-cheek character right out of a video game who likes to destroy things' and all this kind of thing.

"This movie actually shows what prisons cre"Most movies are about vampires and 3-D or fantasy movies and war eagles and all these kinds of things, or whatever they are."

ate, what murder creates. It shows this perpetual, violent string of events," he

Thornton's character, simply named Cop in the film, has plenty of issues, including drug problems and an ex-wife threatening to strip him of custody to their son.

"One of the flaws in most commercial action movies is that the characters are usually not very developed," Thornton says. "A lot of times you'll have the movie-star hero and then some bad guys who are just there to be killed by the hero, and they're nameless, faceless people. And as a result, you're usually not afraid of them because you don't see them ask somebody to pass the salt, you don't see them with their kids."

Another aspect that drew him to Faster was the lack of computer effects, giving the film an almost retro feel.

"But this movie did not rely on computers and things like that. People are saying it was like a '70s movie. It kind of is. It does have a contemporary feel because of the editing and all this kind of stuff, the sound design.

"But, at the same time, it is a real movie. If we're chasing each other down a hallway, it's a hallway."



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# Keith Urban records his latest album, Get Closer

- Overcomes destruction of his equipment from Tennessee floods to record album
- Album reads like a love letter to wife, Nicole Kidman Perhaps his most personal yet

Keith Urban had a difficult decision to make in the days after last spring's flood.

The rising Cumberland River wrecked just about every piece of equipment the country music super-star owned, from priceless vintage guitars favourite amps. to his

He was scheduled to begin recording the tracks that would eventually become Get Closer, and he wasn't sure if he should just scrap the whole thing until

"I think any musician will tell you: Give us something to make music with and we make music," Urban said

"It felt like we had some really good songs for this record. I felt really good about the songs. The band was ready. We had the studio booked. It wasn't that long ago I only owned one guitar anyway. I made a record with very few instruments in the beginning, so it was making the most of what we're given."

He borrowed a guitar from his guitar tech the first week and things went well enough that he decided to keep going.

He added gear over the next few weeks, hitting eBay for a few guitars and amplifiers, and slowly expanded the sonic palette for the album. He used the first guitar he bought off the Internet to lay down the lilting, addictive riff on lead single, Put You in a Song, and never looked

"I thought, 'Well, let's explore new sounds, new guitars,' and I think from that a real different, not just a sound, but a different feeling came from this record," Urban said.

He ended up with per-haps his most personal al-

bum. The eight-track standard release issued by Capitol Records (there's a 15-song Target exclusive as well) reads like a love letter to his wife, Nicole Kidman, though Urban says the album is really about couples and draws from several





Urban hasn't talked in great detail about his losses since that first week in May. He assumed most of his favourite guitars were destroyed and it was a

But over the six months since record rains led to 22 deaths in Tennessee and did more than \$2 billion US in damage in Nashville alone, luthier Joe Glaser

has managed to save some of the most important pieces. Among them is a 1957 Les Paul Goldtop, worth six figures before Urban bought it and much more now that his name is attached to it.

It's a special guitar with an unmatched sound and Glaser realized he was doing more than cleaning and gluing when he reclaimed IT THE ASSOCIATED PRESS

An Iraq war veteran can sue the makers of the Academy Award-winning film The Hurt Locker in California, not New Jersey, over his claim that the lead character was based on him and he was given no credit or compensation, a judge ruled Friday.

U.S. District Judge Dennis Cavanaugh also denied the defendants' motion to dismiss the lawsuit, though the ruling focused on the issue of jurisdiction and not on the merits of the case.

The lawsuit brought last spring by Master Sgt. Jeffrey Sarver, an Army bomb disposal

Screenwriter Mark Boal wrote about Sarver in an article published in Playboy magazine in 2005. Boal and director Kathryn

Bigelow are defendants in the lawsuit, as are Playboy Kingsgate Enterprises. Films and other companies involved in the film's production and distribu-

The Hurt Locker won six Oscars in 2010, including best picture and best

original screenplay.

According to the lawsuit, Sarver deployed to Iraq in 2004 as an exploordnance disposal technician tasked with identifying and disposing unexploded munitions and IEDs.

Boal was embedded with Sarver's company for 30 days in late 2004 and ultimately produced an article, The Man in the Bomb Suit, for Playboy that revealed numerous details of Sarver's personal life. The associated press

# Judge: Army bomb expert can sue Hurt Locker Tweeting his reasons

Singer Steven Page says he didn't scrap Canadian tour for health or personal reasons • Used Twitter and his Web site to reach out to his worried fans

Singer Steven Page is reassuring fans about his well-being after can-celling his upcoming Canadian tour.

The former Barenaked Ladies frontman wrote on Twitter and his website Friday that he didn't scrap the upcoming shows for health or personal rea-

He said it was due to a "tour opportunity" he was offered for February, and that he plans to announce new dates on Monday.

Page also apologized for the last-minute cancellation and thanked fans for their concern.

Last week, Page an-

nounced his nine-date

Last month, Page released Page One, his first solo album since splitting from the Barenaked Ladies in February 2009.

Page's split from the Ladies capped a difficult period in his life. In 2008, the singer, his

ruary instead.

ed.

girlfriend and her roommate were charged with drug possession after police found cocaine at a Fayetteville, N.Y., apartment. Last October, all



three secured a deal that resulted in dropped

THE CANADIAN PRESS

**DVD** releases

Buy it \*\*\* | Rent it \*\*\* | Borrow it \*\*\* | Yawn \*\*\* | Don't bother \*\*

# Movie is just a bit blah

Eat Pray Love (Sony Pictures)

It's munch, babble, yawn as TV director Ryan Murphy (Nip/Tuck, Glee), combines his mastery of the superficial and a vapid best-seller for a big-screen non-event.

Based on Elizabeth Gilbert's best-selling empowerment memoir of a year post-divorce, the film stars Julia Roberts, Javier Bardem, Billy Crudup, James Franco and Richard Jenkins.

With a Hollywood cast like this, you could be forgiven for imagining a stellar film could be wrought from the source material. Sadly, Murphy manages to do what Hollywood does best — reducing Gilbert's slim story of a year spent eating in Rome, praying in an Indian ashram and loving in Bali — to something as frothy and shallow as the foam on a caffe macchiato.

Roberts, 42, retains her magnetic smile and supernatural attraction to the camera, but it strains credulity that she could chow down in Rome on everything that doesn't move without serious poundage gain.

In the Indian segment, Jenkins does fine work as the scruffy, bespectacled Texan Richard, who in a better movie could have been an interesting roman-



tic focus.

Bardem, on the other hand, is the love interest in Bali, but viewers hoping for sizzling sex are advised to bank down their enthusiasm — Bardem doesn't show up until 103 minutes into the 2 hour, 20-minute film. By then, we might not care.

Extras are featurettes, most of them on the Bluray. • Peter Howell

#### The Expendables

-

In his latest cinematic eruption actor/director Sylvester Stallone rounds up his entire Facebook posse to crack jokes and help him reload as he initiates violent regime change against a South American dictator.

Jason Statham, Jet Li, Dolph Lundgren, Mickey Rourke, Bruce Willis, Randy Couture, Steve Austin, Terry Crews and even Arnold Schwarzenegger show up for the gangsall-here action picture. (Jean-Claude Van Damme and Steven Segal begged off from this testerone-fuelled tempest).

Balancing the machismo is the Latin hottie



Giselle Itie as the beautiful, politically complicated Sandra. Sly is prepared to get himself and his mates blowed up real good for her spurious love. But at 27, she undoubtedly thinks the 64-year-old Sly's too old for her. Not that this makes much difference, for The Expendables acts as if Father Time was whacked sometime in the 1980s, when most of this muscle-bound crew were in their heyday.

The Expendables might have been a movie about old warriors not going gently into that good night, something along the comic lines of Space Cowboys. Instead, it yawningly snaps into place as yet another series of explosions dressed up with no place to blow.

Extras include a commentary by Stallone, a deleted scene, a making-of featurette and a gag reel. © PETER HOWELL



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But singer cagey about new songs at T.O. premiere of her documentary



BEATING THE COMPETITION

# Feist set to record her fourth album



Leslie Feist says she's heading into the studio this winter to record her long-awaited fourth studio album, but declined to provide any further details on the new material during a public appearance in Toron-

to on Sunday.

Speaking at a packed question and answer session at the Royal Ontario Museum following the Toronto premiere of her documentary Look at What the Light Did Now, Feist seemed reluctant to discuss her first album of new material since 2007's Grammy-nominated breakout hit, The Reminder.

"That's like asking what colour my underwear are," she responded when host George Stroumboulopoulos asked how many new songs she had written. "I would rather just remain silent."

After the CBC-TV host persisted, she added: "Yes, of course I'm going to make "Not that I ever might have the choice again, but I wouldn't rush to play big, giant places like that again."

LESLIE FEIST, REFERRING TO TORONTO'S AIR CANADA CENTRE

a record this winter."

The news was greeted with cheers from the 400plus fans who attended the premiere, a group that included Barenaked Ladies drummer Tyler Stewart and Juno-nominated

singer/songwriter Howie Beck.

Feist — a Calgary native who moved to Toronto in the '90s — noted the enthusiastic support of the "hometown" crowd who lined up outside on a chilly evening to see Look at What the Light Did Now.

The documentary — di-

rected by Anthony Seck, a music-video auteur who has helmed videos for Broken Social Scene, Black Rebel Motorcycle Club and Stars, and who was also present at Sunday's chat—delves into the creative process behind each element surrounding The Reminder including its attention-grabbing music videos, intricate stagecraft and the recording of the music itself.

The film features interviews with choreographers, photographers, lighting designers, songwriters, musicvideo directors, producers, shadow show designers, visual artists and other musicians, as well as, of course, Feist, who said she wanted to make the documentary in part to reveal just how many people were collectively responsible for the album's success.

"The project carried my name ... but they were kind of carrying me through the whole thing," said Feist, clad in a lightweight grey sweater and a black skirt.

The 77-minute film documents Feist's journey from the scenic studio in France where the album was recorded to a red-carpet interview with Kermit the Frog before the Grammys and appearances on Saturday Night Live and The Colbert Report, though these images are fleeting.

More time is spent with the international crew who conceptualized various dimensions of Feist's album, videos and live performanc-

A common topic among Feist's collaborators is her attempts to avoid the spotlight.

Feist's lighting designer explains that the singer felt "exposed" and chose to be lit dimly for her live performances.

THE CANADIAN PRESS

# STOP TORTURING US WHEN YOUR TIME IS UP

f Andy Warhol were alive today he would have probably added about one minute and twelve seconds to his quote that "everybody will be world famous for 15 minutes."

The extra time is as long as Steven Slater — the ex-Jet Blue flight attendant who famously ended his career by swearing at passengers and jumping down an emergency slide — appears in a rap video advertising a mobile app

vertising a mobile app.
The video, which sees
Slater rapping and smirking and looking oddly like
Star Wars' Emperor Palpatine, may feature one of
the worst hip-hop songs
ever made, but he's not

the only pseudo-celebrity to try — and fail — at extending fame with a music video. Here are three more must-avoid clips:

#### Heidi Montag: Blackout

Most people would agree that Hills star Montag should have stuck to faux-reality TV than venture out into the music world, but clearly this is a woman bent on keeping her 15 minutes going.

Her video for Blackout, off her 2009 EP Here She Is, consists solely of Montag writhing around a beach in a bikini. It's a little hard to pay attention to the song, but that may be because it sounds more like one of those tunes your friends in grade seven wrote for the school



talent show than a track for mass consumption.

Levi Johnston: After Love At least Bristol Palin's ex had the brains not make a music video that he sings in himself, but that doesn't make me want 4:46 seconds of my life back

any less.
The Wasilla, Alaksa mayoral candidate and Playgirl centerfold, stars in Minneapolis R&B singer Brittani Sensor's music video for her song After

He plays a guy whose girlfriend's mom doesn't approve of her daughter's choice in boyfriend. The Audio Files

BORZYKOWSKI SCENE@METRONEWS.CA

**BRYAN** 

Sound familiar? Johnson's sweaty cuddling is gross, and even worse, unconvincing.

## Paris Hilton: Stars are Blind

Hilton's done a lot worse to keep her time in the spotlight going than make an atrocious music video, but after people saw her spot for Stars are Blind you couldn't help but talk about it. The cheesy synth Reggae intro, the heavily edited vocals and the bland chorus (is there even a chorus? It's hard to tell) make this song even worse that Montag's.

And, like her reality star cohort, Hilton's video mostly takes place on a beach with her in a bikini. At least they hired a few other actors for the shoot.

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# Gorillaz headed back to their cages

# Musician Damon Albarn and his virtual band wrap up arena tour

Damon Albarn, the key creative force behind the Gorillaz, isn't a big fan of the way record labels treated music videos in the past.

"They never really got it together to commercialize video production in the way that they got it together with (songs and CDs)," Albarn said. "I think that was a bad precedent that the musicians just gave away visuals endlessly for nothing."

Today, music videos aren't just played on channels like MTV and BET, they're being sold on iTunes, and have a much larger presence on the Internet.

But Albarn says the lack of those kinds of methods in the past is part of the reason why the cartoon-based Gorillaz are around now.

"Our reason for existing was primarily to try and put some new energy into that whole idea of what music and visuals can do together," he said.

Albarn and his virtual band just wrapped up an arena tour this month, which saw them promoting their latest critically acclaimed disc, Plastic Beach.

The 42-year-old English musician — whose musical credits include Blur and The Good, the Bad & the Queen — talked about the band's success in a recent interview with The Associated Press.

# You've collaborated with acts like De La Soul, Bobby Womack, Lou Reed and Ike Turner. How are these unions coming about?

It's quite a lateral process. It just sort of, people arrive in my head. I don't know. I do my best to contact them. But I don't write with them in mind ever. I think that would be a disaster.

Who else would you like to

#### work with?

Lots of people. I mean, probably most notably Barry Gibb, who I tried to get on Plastic Beach but it didn't work out in the end.

# When you were creating Gorillaz, did you think it would become a success?

I don't think we imagined we'd be playing Madison Square Garden. It was a kind of one-off, fun idea when we started.

And then we thought, "Well that's the end of it anyway." And then we sort of a few years later just kind of started again and then we thought that was the end of it.

# What is it about your music

that resonates with listeners? It's got so much more than conventional pop music because it has this entire multimedia, visual narrative aspect, which is almost impossible to have something

like that if you're just four guys onstage.

Do you listen to music on the radio?

#### Popular music has taken on an electronic, dance sound recently. Why do you think that's happened?

It's cyclical, you know. It will take a guitar sound probably next spring.

And you won't be arrested if you're playing keyboards and you've got an '80s haircut. I'm really hoping that the next revival is the kind of Brit-pop revival (laughs). No, I'm joking.

# What inspires the music you create?

It's everything. It's kind of an ongoing search for inspiration.

A few days ago I was inspired by a revolving door in a hotel

THE ASSOCIATED PRESS



# Just call her 'Your Highness'

Miss Middleton lets it be known: There will be no Princess Katy

Now that she's engaged to Prince William, Kate Middleton is reportedly losing the nickname and going by Catherine, according to Us Weekly. And it's not a request that came from

William's royal family.

"This was not a request by any officials or the Palace. It's a concerted effort from Kate to be taken more seriously," royals expert Katie Nicholls tells the magazine.

"It also dumps the stupid 'Waity Katy nickname. "'Waity Catherine' doesn't have quite the same ring to it."

METRO



## **Celebrity tweets**



[@Pink] Hahahaaahahaaaaa I can't believe people are mad

because I don't think Sarah Palin should be in the rock n roll hall of fame..



Jessica Alba [@jessica albal Getting some Xmas shopping done what are ur

fav eco aifts 4 kids? Women? Men?



Stiller [@RedHour Ben] Shoot-

colder by the minute..

ing on a rooftop in Queens. Another beautiful day. But it is getting



Milev Cyrus



Russell **Brand** [Arustvrockets] Watching self on Larry King.

Achievement diminished in ad break by catheter commer-

# **Model:** Tony Parker hit on me too

Tony Parker has denied inappropriateness with a teammate's wife in the lead-up to his current divorce battle with Eva Longoria.

now another woman has come forward claiming to have received flirtatious text messages from the basketball star.

"From the minute he met me he was trying it on," British model Sophia Egeler tells the Sun. "I had no idea he was Eva Longoria's husband. He would not take no for an answer and was telling me how much he liked me."

Egeler claims Parker followed up their initial meeting by sending her racy pictures and texts, though she says the messages stopped last week when the divorce news

# Talking points

# Lohan can't go home for **Thanksgiving**

FAMILY TIME. Lindsay Lohan's bid to leave the Betty Ford Center and fly home to New York for Thanksgiving failed, so the troubled actress will be spending the holiday in California with her fa-ther, Michael Lohan, according to TMZ.

Michael has been staying in a home near the rehab centre, and while he's been trying to convince ex-wife Dina Lohan and their other children to ioin them in California to celebrate, Dina reportedly isn't interested.

METRO

# Sheen denies he was violent in New York

LEGAL. Charlie Sheen's lawyers say adult film ac-tress Capri Anderson's claims that the actor was violent toward her during his infamous New York hotel rampage are completely false, according to People magazine.

'Ms. Capri never made any allegation to the police of any wrongful conduct on the part of Mr. Sheen on the night of the incident and she had every opportunity to do

so," Sheen's attorney says.
"These allegations against Mr. Sheen are completely false, and are a blatant attempt to cash in on his celebrity.'

# Just the wrong song

PAINFUL? Miley Cyrus performed a heartfelt rendition of her song, Forgiveness and Love, at the American Music Awards, but it's not what she was reportedly plan-

ning to sing.
"For a while she'd been planning to do Every Rose Has Its Thorn, but then a few days ago she switched

tally, Every Rose Has its Thorn is a cover of a song by Bret Michaels' band. Poison — and Michaels





# **Split hard on Cox's** daughter Coco

While her marriage to David Arquette has been going through a very public meltdown, Courteney Cox has been putting on a brave face, her Cougar Town co-star Josh Hopkins tells People magazine.

mored to be at the centre

of Cyrus' parents' di-

vorce.

METRO

"If we weren't friends and she didn't confide in me I wouldn't have any idea that anything was wrong," he says, adding that the hardest part of the public attention has been Cox's daughter, Co-

co, noticing.
"The day that the news of the separation broke, there were paparazzi outside of their house, and they were taking pictures when Courteney took Co-co to school," Hopkins says. "Coco sees these things, because that's not



a normal thing in any respect and she is a precocious child."

Work it

# How to get wedding fit

## **TWISTING** LUNGE

Stand with feet hip-distance apart, holding lightweights in each hand. Take a large step backward with your left foot. Turn around, pivoting your right foot to the left, so that the left foot is now facing forward. Lower the weights to the floor, being careful to keep your left knee in line with the ankle. Pivot back to the centre and repeat on the opposite leg.

#### SOLIATS

Stand with feet shoulderwidth apart, holding your dumbbells by your sides. Imagine you're about to sit in a chair-keeping your back straight, slowly squat down until your thighs are almost parallel with the floor. Slowly push yourself back into a standing position and re-

#### REACHING LUNGE

Stand with feet hipdistance apart, holding a light set of dumbbells Take a step forward with your left foot. Reach down to tap the weights to the floor in front of your left foot. Keep your left knee over your ankle and your hips high. Your body weight should be on the front foot. Push off and come back to a standing position. Switch legs and repeat.

#### **LUNGES**

Stand with feet hip-width apart, holding dumbbells by your sides. Take a normal step backward with your left foot, and then lower your hips until your right thigh is parallel to the floor. Push through back to the start position. then repeat.

O METRO WORLD NEWS



• A personal trainer to the stars explains how you can look your best on the big day • If it worked for Penelope Cruz, it may work for you



Your wedding is your big day, your moment to shine in front of your friends and family, you'll want to look your best," explains Gunnar Peterson, personal trainer to celebrities including Jennifer Lopez and Penelope Cruz.

Everything becomes magnified on your wedding day. Emotions become more intense and and every fat bulge, is meticulously captured on high-def camera.

"The quality of film is so good that every little imperfection is visible, from a wrinkle to a blemish. The bride and groom can feel self-conscious."

If you're comfortable in your own skin, turn the page. But if you need a little change, read on.

# Getting ready for the big day

Most people make time before their wedding to get into better shape.

People work well to a deadline, so a set date is the first step," says Peter-son, who also believes that

y will cherish this moment, and their abs, forever. working towards a goal makes things more achievable. "Once you know you have six months to lose say

ten or so kilos, you can devise a plan of action." If you want quick results, make changes to your fitness regime and integrate exercise into your day-to-day immediately. According to Petersen, you

could even jump the gun. "A guy should start working out before he proposes and a girl should start working out as soon as she thinks the guy is about to propose."

## Working it out

Treat your workout sessions as you would an appointment.

"Allow for an allocated time slot at a time of the day that you know works for you," says Peterson.

Think about what kind of body shape you want. Wedding clothes are figure hugging so aim to develop longer, leaner limbs, Peterson gets his clients to combine cardio vascular moves with light weights for the

# The honeymoon period

After the wedding, on your vacation, give in to indulgence, even if they are not the healthiest. You'll never get a free pass like this again. Sleep in and allow yourself to drink moderate (moderate!) amounts of alcohol and don't fret if you are not doing as much exercise as you did prewedding. Don't, however, keep up this laid back routine once you are back home or all your hard efforts would have gone to waste.

best results.

"You want to be efficient combine 'big' moves such as squats and lunges with running or aerobics and weights to tone up and burn calorie," says Peter-son. "Make small changes, such as cutting out complex carbohydrates from your evening meal.'

The reward?

"Eat cake at vour wedding," says Peterson, "and have a glass of champagne to go with it.





Celebrity fitness trainer Ramona Braganza, the woman behind Halle Berry's toned silhouette, gives Metro tips on getting ready for the big day:

- Exercise: any form of physical activity will clear your head and make vou feel better.
- Eat Right: eliminate simple sugars and sodium before the big day to avoid feeling bloated.
- Hydrate: drink lots of water to keep energized and give your skin a glowing look. METRO WORLD NEWS



er after evidence of heart risks: US agency



# Head, shoulders, knees and toes

• The ultimate health-and-beauty checklist to make you radiant from top to bottom.



#### **Face Off**

"Acne is directly linked to the build-up of toxins in the body, which then have to be eliminated via the skin if the liver and bowel are congested, says nutritional therapist Michele Kingston. People who smoke, drink alcohol, and whose diet is high in sugar and saturated fats and low in essential nutrients (fibre and water), will lead to frequent breakouts. So eat lots of fruits, vegetables, whole grains and drink two litres of water daily.

#### Arms

There are a few things to watch for here. First, Keratosis pilaris, the rough little bumps or "chicken skin" some people get on the back on their arms, is a sign of nutrient deficiencies, particularly essential fatty acids and zinc. Eat nuts, seeds and flaxseed oil. Arthritis is also a painful problem, but the inflammation can be reduced with a diet of antioxidants such as colourful fruits and vegetables, and essential fats such as oily fish and flaxseed oil. As for your bones, cut down on fizzy drinks high in phosphoric acid that strips the calcium from them.

## Hair

"Increasing your intake of protein each day, such as fish, meat, eggs, beans, lentils, nuts, seeds and dairy, will provide you with the essential building blocks for healthy hair," says Kingston. Increase your iron intake from red meats, spinach and apricots. And the rules for your face also apply to the hair on your

head. Avoid sugar, alcohol, refined grains and saturated fats as they strip your body of essential nutrients resulting in lackluster hair.

## **Fabulous Feet**

Athlete's foot is caused by a fungal infection of the skin and is characterised by itchy, cracked skin between the toes and soles. Eat garlic and onions, which are anti-fungal. Applying tea tree oil will help keep the affected area dry.

A bright smile can make you feel confident, charming and photo-ready but also might add more years to your life. A recent study in the British Medical Journal showed an association between inflammation caused by dental decay and inflammatory diseases within the body, indicating that people who never or rarely brushed their teeth were 70 per cent more likely to develop cardiovascular diseases than those who

brushed twice a day.

# **Stomach**

Help yourself get a flat tummy by helping your digestion. Chew your food thoroughly. Stick to one glass of fluid a meal and stay away from foods that are hard to process such as fried cheese and cooked meats. Bloating is caused by food in the intestines that has not been digested properly. As the food ferments, a gas is produced

that causes pain and flatulence. "Offending foods tend to be wheat and dairy, as they are difficult to digest," says Kingston.

Keep a food diary to see what affects you then cut out the suspects.

# Lungs

You know this already: "Smoking can cause cancer, raise blood pressure, increase your heart rate and the incidence of strokes. reduce fertility, deplete the body of essential nutrients

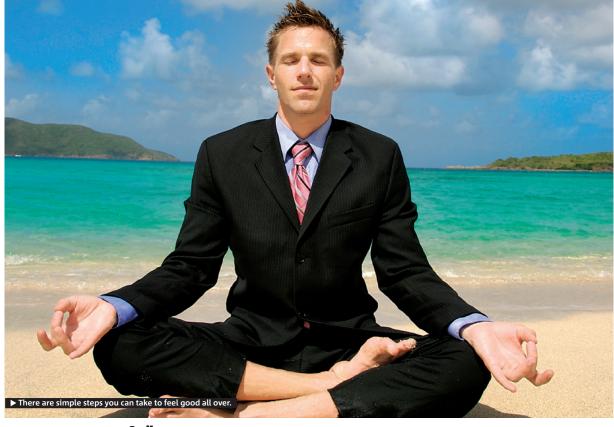
#### **Water retention**

Water retention is caused by an excess of salt in the body, which swells ankles and feet. Reduce your salt intake and eat more potas-

and accelerate ageing," explains Kingston, who begs

you to quit.

If you gain weight doing so, control your blood sugar by eating every three to four hours and increasing protein and antioxidant intake.



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# • Curcumin can prevent liver damage, says new study



Want some curry flavour with your liver? Eat lots of curcumin.

This orange-coloured substance is found in turmeric, which is used as

a spice in curry.
A laboratory study at

Saint Louis University has found that curcumin holds promise as a way to prevent or treat liver damage from an increasingly common condition called fatty liver disease.

It's estimated that 20 per cent of adults in Canada have a build-up of fat in their liver, a problem that is caused not by alcohol. but by obesity. Fatty liver

can become severe and lead to liver fibrosis, possibly cirrhosis and finally liver cancer and death. There are no symptoms of early liver disease.

Your liver is a vital organ, known as the body's

Though studies are preliminary, it looks like eating curcumin may help keep the liver healthy.

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Nov. 30th and finishes Dec. 1st, 2010. Course Hours: 9:30am to 5:30pm

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Tuition Fee includes: Working kit and curriculum

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613.232.0202

These are small classes for one-on-one education, and will fill quickly. For more information, please email directly to chantel@theloftacademy.ca

# Yoga evolving quickly



It used to be so simple. But yoga will never be the same again. Journalists in India are

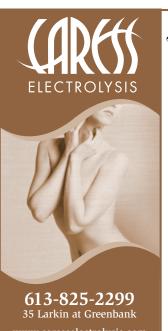
tickled by how yoga has been seized and adapted by health-starved North Americans. The practice of voga originated in ancient India and has roots in Hinduism. An article in the Hindustan Times marvels



at how Westerners have Americanized yoga so that it now includes circus yoga, nude yoga, pre- and post-natal yoga, ball yoga, doga (yoga for dogs), acro

yoga (acrobatics), and hiphop yoga.

And now there's voga where you hang in a sling attached to the ceiling: anti-gravity yoga.



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potential clients do their research, look around, and come running to Caress! Michelle

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# Approaching or in menopause? Time to start talking about Osteoporosis

Tuesday, November 23, 2010

7:00 – 8:30 p.m. (Doors open at 6:30 p.m.)
Southway Hotel & Conference Centre
Ballroom, 2431 Bank Street, Ottawa

This information session is for all women who

... want practical tips about what they can do to ensure good bone health as they age
... are approaching, or in, the menopause transition and want to get the facts about
the impact osteoporosis can have on their lives

... have already been diagnosed with osteoporosis and are looking for ways to manage their condition

# **Guest Speaker:**

**Dr. Elaine Jolly**, OC, MD, FRCS(C)

Professor of Obstetrics & Gynecology University of Ottawa Medical Director Shirley E. Greenberg Women's Health Centre The Ottawa Hospital

For more information on osteoporosis visit menopauseandu.ca

# VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed		
I am having difficulty sleeping		
I am feeling low in energy and slowed down		
My appetite has changed		
I am experiencing feelings of guilt		
I have lost interest in work and pleasurable activities		
I feel hopeless about the future		
I feel tense and anxious		
I am having difficulty making decisions		
I am having trouble concentrating		



# **Ottawa Psychopharmacology Clinic** Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence. Research programs are reviewed by an ethics review board.

03-18-10



# The kids are OK

# ▶ Fewer small kids in ER after removal of infants' cold medicines: Study ◆ Some still using the medicine

Removing cough and cold medicines for very young children from store shelves led to a big decline in emergency room visits for bad reactions to the drugs, U.S. government research found.

But the results released online Monday are a mixed bag: Some parents were still giving their infants and toddlers these medicines, and many ER cases still involved youngsters who apparently got hold of the medications themselves.

That suggests parents who stopped using them hadn't discarded old bottles or kept them out of reach after manufacturers voluntarily withdrew medicines labelled for infants and kids up to age two in 2007.

The bottom-line message: "Keep all medicines up and away and out of sight," said Dr. Daniel Budnitz, the study's senior author and a researcher at the Centers for Disease Control and Prevention.

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# BE CAREFUL HOW MANY GLASSES YOU RAISE THIS HOLIDAY SEASON!

With just over one month to Christmas, the Holiday Season is about to get into full swing. Whether you celebrate Christmas or Hanukkah, it is a busy and very special time of year. We all know that the festive season brings with it many opportunities to raise a glass to our good health.

However, to make sure that our health stays good, we need to be careful that we do not raise too many such glasses!

Obviously, we want to make sure that your immediate health is not compromised by **driving while intoxicated**. It is not just your own health that is risk with such activity, but the health and safety of everyone on

Alcohol, however, can also affect our health in other ways. They may be slower to develop and not as immediate in their impact as drinking and driving. But the fact remains that our oral health can be compromised by too much alcohol consumption.

Studies have shown that people who consume higher quantities of alcohol tend to be in poorer oral health. This can include a greater incidence of periodontal disease, cavities and even missing teeth!

In part, this can be explained by **poor** 



Dr. George Parry Dental Surgeon

overall lifestyle. People that consume higher quantities of alcohol tend to be less health conscious. Consequently, they are less likely to adhere to a good oral health routine, including regular brushing, flossing and visits to the dentist.

However, even with otherwise good oral health practices, the acidic content of alcohol can be harmful. The more you consume, the more opportunity that acid has to penetrate the enamel of your teeth, resulting in cavities.

Perhaps most importantly, alcohol consumption is one of the factors that increase the risk of oral cancer. While people over 40 years of age are more likely to develop oral cancer, everyone

regardless of age should be aware of the link between alcohol and this potentially fatal condition.

The danger with oral cancer is that it is often detected at a later stage. Consequently, it has a higher mortality rate than most other types of cancer. Those who survive often are required to undergo disfiguring surgical procedures that could have been avoided with earlier detection.

The early signs of oral cancer often include white or red lesions on the inside of the mouth, increased bleeding, sores around the mouth that do not heal or loose teeth. Given how difficult it is to see into the mouth, your dentist is often the best person to spot these early signs. Therefore, you can see how important regular wisits to the dentist can be to the early detection of oral cancer!

We certainly do not wish to dampen you Holiday celebrations. In fact, we wish you the best for the Holidays. But the best usually comes when alcohol consumption is limited! Too much alcohol can compromise your oral health and perhaps lead to oral cancer. So limiting your intake is a healthy habit...and healthy habits lead to healthy lives.

Dr. George Parry

# A fresh choice for fall



The massive Boisset Family Estates include French producers like Bouchard Aîné & Fils, and Louis Bernard along with vineyards in California.

With such a cornucopia of wine under the wing of owner Jean-Charles Boisset, it's hard to focus on just one for this column.

The 2008 Louis Bernard Côtes du Rhône (\$11.65 \$13.99) is a nice introduction to the Boisset group. A mix of grenache and syrah; it's a fall-like fresh, wine with oodles of red fruit berry great match for late season barbe

# A healthy snack for Santa

# • Pecans and whole wheat flour make these cinnamon cookies nutritious as well as tasty

Cookies are the perfect portion-controlled treat that — when enjoyed in moderation — can be a better option than a big wedge of pie or cake.

Of course, the add-ins

Of course, the add-ins for a cookie can also be its nutritional downfall, so rather than chocolate chips or other candy, you might want to add ingredients, such as nuts or dried fruits.

These classic, crispy cookies are made with 100 per cent whole-wheat pastry flour and are laced with healthy, monounsaturated fat-rich pecans.

## **Preparation:**

In a bowl, use an electric mixer on medium-high to beat butter, 125 ml (1/2 cup) of the granulated sugar and brown sugar until creamy. Addegg and vanilla and beat well.

- In a medium bowl, combine flour, baking powder and salt, then add to butter mixture. Beat on low speed until combined. Stir in pecans.
- Divide dough in half and use lightly floured hands to shape each portion into a 15-cm (6-inch) log. Wrap each log in waxed paper and place in the freezer until firm. at least 1 hour.
- Heat oven to 180 C (350 F). Unwrap dough and let stand at room temperature for 5 minutes. On a shallow plate combine remaining 50 ml (1/4 cup) granulated sugar and cinnamon. Roll logs in sugar mixture, then slice each into 24 5-mm (1/4-inch) thick cookies. Place cookies about 6 cm (2



1/2 inches) apart on ungreased baking sheets.

Bake, one batch at a time, until lightly browned, 10 to 12 minutes. Transfer to wire racks to cool. Makes 48 cookies.

THE ASSOCIATED PRESS

# Ingredients:

- 125 ml (1/2 cup or 1 stick) unsalted butter • 175 ml (3/4 cup) granulat-
- ed sugar, divided
   50 ml (1/4 cup) packed
  light brown sugar
- 1 large egg
- 5 ml (1 tsp) vanilla extract • 300 ml (1 1/4 cups) whole-
- wheat pastry flour
- 5 ml (1 tsp) baking powder1 ml (1/4 tsp) salt
- 250 ml (1 cup) finely
- chopped pecans 7 ml (1 1/2 tsp) cinnamon

# Winnie the Pooh has a cookbook

At the New York Public Library, visitors to the Winnie-the-Pooh room are greeted by a mural of the bear and his friends sitting down to dinner.

"That's the iconic image that the publisher chose to welcome people into the room," says Elizabeth Bird.

Bird is the senior children's librarian at the institution, which is also home to the Pooh stuffed animals owned by the reallife Christopher Robin.

Food and friendship have always been central to A.A. Milne's classic tales.

As a tribute to this notion, Dutton publishing has reissued Virginia Ellison's 1969 book, The Winnie-the-Pooh Cookbook.

Though the recipes for "smackerels," like honey toffee apples and easy honey buns, have been updated and purged of lard, the book still features original drawings by Ernest H. Shepard.

It is also interspersed with memorable quotes from Pooh and his friends.

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# VACATIONS CAN BE **BOTH SCHEDULED** AND SPONTANEOUS

# **Smug Marrieds**

# **ANGELA PACIENZA** & DEREK **CHEZZI**

2FORCOUPLES.COM TWITTER: @SMUGMARRIEDS



My partner and I are taking our first extended vacation together — a two-week

overseas trip. He's been planning every second of the trip. I just want to explore and discover things. I'm worried this is going to cause a huge fight. Help!

#### Angela says...

As a planner myself, I can totally understand where he's coming from. But my beloved is like

you and wants to spontaneously discover things. So I give him that time since it's our trip and not my trip.

Is there a compromise you can reach ahead of time?

I bet he'd be willing to build in cushion time around the schedule if he knew it was to enjoy gelato on a sidewalk cafe, a glass of vino in the piazza or get frisky somewhere naughty.

Derek savs...

Let me ask: Who is responsible for organizing the travel brochures and

I know if those tasks were left up to me, every vacation would consist of short-distance road trips.

booking the flights?

So, I leave the itinerary to Angela, because a) she's organized; b) I can't be bothered; and c) I don't want to have to hear "What are we doing today?" for the entire

trip.

If your partner is the driving force behind this escape from reality, give it to them.

Besides, that schedule isn't bulletproof.

If you drop a "Well, that doesn't sound terribly interesting" comment once in a while, and suggest you take a drive for the day to explore, you'll be amazed how easily you'll get what you want.

# SERVING UP A

# **How We Met:**

Janine & Matthew

Names: Janine, 30, ınd Matthew, 25

Current city: Toronto

Together since:

Their story:

"I (Janine) was at a nightclub in Toronto with a guy friend, dancing and having fun. I was intrigued by a group of about 30 guys in the corner of the club who were all decked out in three-piece suits...

I decided to go and ask why they were all dressed



up. The first guy I approached was a handsome man named Matthew. He explained that they were there for a friend's bachelor party. We chatted a few moments and I told him to come find me on the dance floor. A little while later, Matthew came over to dance with me. My guy friend immediately shot him the evil eye. Matthew asked if he was my boyfriend, and I told him he was just a protective

friend. My friend ended up getting super jealous and tried to pull Matthew and I apart. I wasn't ready to leave, so I turned to Matthew and asked if it would be okay if I hung out with him at the club. He said yes and we have been together since that night!"

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# Avoid the ugly in family loans

Sometimes family is the only source for funds Put parameters on the loan so that it won't cost the relationship



# ON MONEY

ALISON GRIFFITHS MONEY@METRONEWS.CA



There's good, bad and ugly debt. Borrowing for an education or a

home is good debt, because you've got something to show for it and the asset will be appreciated. Bad debt is credit card or credit line debt when you don't know where the money went. Family debt, all too frequently, turns into ugly debt. But sometimes, family

> 41% According to study, 41 per cent of adults spend as much as 10 per cent of their income providing financial support to their 23 to 28 year olds.

is the only source of necessary funds. Here are four

#### **Put It On Paper**

Time passes and even with the best of intentions people can forget or be con-fused about the terms of the loan. That won't happen if it's written up, signed, dated and a copy given to all parties. Repayment problems can still arise but at least the borrowing conditions will be indisputable.

#### Consider Interest

Most family loans are interest-free but, especially for young adults who may be first time borrowers, charging a small amount of interest teaches them what borrowing is all about.

## Specify

A big irritant with family loans is when the money is borrowed for one purpose

ways to make it work.

thing else. For instance, if you loan money to a sibling so they can buy a car for work or purchase clothes for a new job, but instead they go on an expensive vacation, it will create bad feelings between the two of

Interest rates/

HSBC

ING

SCOTIA

Savings accounts

0.70%

1.00%

1.50%

1 35%

1.25%

2.00%

Include the loan's purpose right in the lending document. You probably can't prevent the borrower from blowing the dough but it keeps things clear.

# **Pav Directly**

If you are contemplating lending money to a family member for a particular purpose and you're concerned the funds might get frittered away, bypass the borrower.

For example, if your grandchild needs braces, offer to pay for them directly. There may be some accusations about you being overcontrolling, but stand your ground. It's your money.

# TRY WARREN BUFFETT'S WAY

**Fun and Frugal** 

LESLEY **SCORGIE** 



Warren Buffett is a billionaire because he stuck to a buy-and-hold and value investing stock purchasing strategy. He's been extremely successful at picking quality stocks that grow steadily in the long term. According to Buffett, "Only buy something that you'd be perfectly happy to hold if the market shut down for 10 years.'

The buy-and-hold approach to stock purchasing is fairly conservative in that the investor purchases very high-quality (non-risky) stocks and holds onto them for years. It is a long-term approach to investing and the investor makes money when the stock appreciates in value and through dividends. Because there's little trading involved, the investor doesn't hop from invest-

ment to investment, paying high fees and not realizing the stocks' full potential.

Buffett couples this with the more active and slightly less conservative value investing approach. The same principles apply, but he takes it one step further. Buffett buys quality stock that is beaten down or undervalued due to economic conditions or short-term hiccups. According to Buffett, "Look at market fluctuations as your friend rather than your enemy; profit from folly rather than participate in it."

To implement this strategy, investors must first understand and pay close attention to businesses that have been hit by short-term struggles. If it appears the company can

overcome its challenge (and if the research supports this), then an investor can exploit low share prices. For example, many quality companies were hit hard by the finan-cial crisis of 2008-2009. Their share values plummeted even though their fundamental qualities and business practices didn't change. Based on the fact that the quality was still intact, value investors jumped into the market in the trough, buying highquality, undervalued stock.

quick buck; it's to buy low and hold bargain-priced high-quality stock. Buying high-quality stocks and holding them for the long term make both the buyand-hold and value-investing approaches conservative to moderaterisk strategies. The types of stock that can be described as "high-quality" and "less-risky" generally include regulated Canadian busi-

The intension of a value investor isn't to make a

Visit Morningstar.com to see what people like Buffett are buying.

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# Shop online to save this holiday season

Holiday parties, potlucks, and presents may mean your credit card will be the only thing getting a good workout this month. Though you try to be responsible and stay within your budget, somehow you manage to blow it every year. To help your finances through this month, here are some clever ways to avoid overspending.

Decide who you would like to buy presents for and don't veer off your list. Buying something for 'acquaintances' will just create



more stress for you.

Buy big rolls of wrapping paper instead of single sheets. Little things like gift tags, cards, and wrapping paper can really add up and will eventually just end up

in the garbage. To reduce costs, reuse gift bags from previous years or buy a large role of plain brown paper and dress it up with fancy bows and string. You can also make your own name tags by using decorative edge scissors.

Shop online at sites that let you sort potential gift purchases by price. Websites like ccfcanada.ca allow you to buy meaningful gifts for children living in extreme poverty around the world in honour of your loved one. NEWS CANADA

# A few tips for making going back to school work

Experts from across the country give second career advice Research your options before jumping in



- 1. Take a personality and career test if you're not sure what you want your second career to be. University continuing education centres can help you match what you like to do with potential jobs and then find the right education to get you there.
- University of British Columbia
- 2. Find out what the prerequisites are for your course and make sure you have them, or experience the institute will count as equivalent, be-
- fore enrolling.

   Algonquin College, Ottawa

- **3.** Any tuition fees for courses at the postsecondary school level adding up to more than \$100 may be claimed as a credit on your personal income tax return. Talk to the Canada Revenue Agency and see how you
- can save money University of Toronto
   Make sure it's a
- commitment you can manage before you sign up. It may be appealing to do it quickly, but the reality may overwhelm you.
- Humber College, Toronto
- 5. Attend an information day to learn about how to apply for courses, how to finance your studies and to get an overview of the campus.

- Douglas College, B.C.Brainstorm about your life experience and write down all the courses and classes you've taken through work or in your free time. Also jot down work experience; you may be able to turn some of this into credits to save time and money
- Saint Mary's University, Halifax
- 7. Check out the distance learning options. You may be able to take your course online and at your own schedule, allowing you to study at your convenience. It also allows you to learn at your own
- Mount Royal Universitv. Alberta
- 8. Know exactly what

your learning expectations and needs are. The more specific the student can be about what she wants out of a course, the better a university or college can find the right match.

- University of Ottawa
- **9.** Set yourself a study schedule and keep to it. Book off regular weekly study slots so you're not always scrambling.
- Mount Saint Vincent University, Halifax
- 10. Use web tools to keep in touch with your class-

mates. Friend them on Facebook, follow them on Twitter and set up Skype study dates. That way you can create a virtual campus and help each other prepare for papers and exams.

- University of Alberta

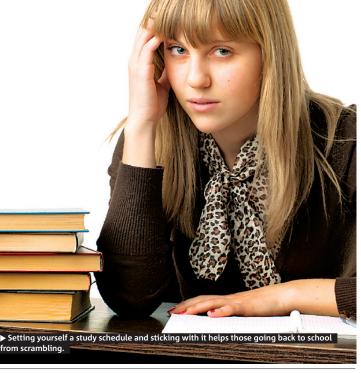


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# Starting over: A personal tale

• Five Canadians share their continuing education experiences as told to Teresa Kruze



James Milligan Vancouver, B.C. UBC Project Management Certificate

I worked at a major telecom company for over 12 years until I was laid off. I took a course in sustainability management and started my own company, Social Conscience Fair Trade Sports Balls. Having your own business is a struggle, but I feel like I'm making a difference in a small way.



Joan Dupuis Ottawa, Ontario Ottawa-Carleton Continuing Education

I'm 69 years old and currently working in automotive sales. When I was young, my dad made me quit school and work because there was no money. Now I'm back in class and really enjoying continuing education. I'd like to get into a business that helps the elderly. I'm not retiring yet, I'm too young!



Jeff Collins Halifax, Nova Scotia Dalhousie University College of Continuing Education

I was an out-of-work prosthetic specialist when my dog injured her knee. Unable to afford the surgery I made her a knee brace and came up with an idea for a company. After enrolling in continuing education I started a prosthetic service for dogs. I now travel the world teaching others the technology I pioneered.



Tracey Mah-Gillies Calgary, Alberta Mount Royal University Continuing Education

In my first life I was social worker and stay at home mom. I went back to school and got my personal fitness trainers certificate and now I'm running my own business. Continuing education was way too much fun. Right now I'm looking at the brochure figuring out what I'll take next.



Murat Kaya Toronto, Ontario TDSB Continuing Education

I came to Canada as an aerospace engineer from Turkey. After the events of 9-11, Bombardier laid off 5,000 people. I went back to school to study and I am now an electrical engineer with Ontario Power Generation. Continuing education made me realize what kind of potential I have and where I can go.



# sports

#### Quoted



"I don't even know if people in Saskatchewan gave us a chance two weeks ago ... you go through ups and downs in the season and people lose faith. but we never did.

ROUGHRIDERS RECEIVER ANDY FANTIIZ

"The men in the locker-room were able to put a shell around themselves and remain confident and do the things necessary to come out of that slump and play well and be able to achieve this goal." HEAD COACH KEN MILLER



# One thousand reasons to smile

Novalev notches 1,000th career point in Sens' 3-2 win over Kings





Alex Kovalev hit the 1,000-point plateau with a power-play goal added an assist last night to lift the Ottawa Senators to a 3-2 victory over the Los Angeles Kings.

The 37-year-old Russian beat Kings goalie Jonathan Quick in the first period to become the 76th player in NHL history and second member of the Senators this season to reach the milestone after captain Daniel Alfredsson hit the mark a month earlier.

Kovalev later set up Ja-son Spezza's eventual winner in the third and Ottawa stopped a three-game losing slide before a crowd of 18,315 at Scotiabank Place, where the Senators' last victory over the Kings came on Dec. 2,

Milan Michalek also scored and Pascal Leclaire made 28 saves in his first win of the season for the Senators (10-10-1), who

## Moment of silence

Before the game, the crowd observed a moment of silence in tribute to the recent passing of Daron Richardson, the 14-yearold daughter of Senators assistant coach Luke Richardson, and longtime NHL coach Pat Burns.

had lost four of the past five games.

Anze Kopitar and Ryan Smyth, with a power-play marker, replied for the Kings (13-7-0), who have lost four of their past

Quick finished with 16

Ottawa forward Chris Neil left the game in the third period with an upper-body injury and didn't return. His status was not immediately known.

The Senators were playing their first game back at home since completing a rough road trip in which they'd lost three straight games by a combined score of 17-4.

As a result, coach Cory Clouston shook up all four forward lines.

He also gave struggling defenceman Erik Karlsson, who's battling the flu as well as his game, the night off and started Leclaire in goal for just the second time in more than a month.

THE CANADIAN PRESS



# **Ontario native Joey Votto named NL MVP**

Joey Votto became the third Canadian player to win one of baseball's most valuable player awards by claiming the National League honours yesterday in a near unanimous vote over Albert Puiols.

The Cincinnati Reds first baseman from Toronto received 31 of the 32 first-place votes for 443 points, crushing the St. Louis Cardinals first baseman, who picked up the 37 Votto batted .324 with 37 homers, 113 RBIs and 106 runs scored in leading the Reds to their first NL Central title since

other first-place vote and finished with 279 points.

Carlos Gonzalez of the Colorado Rockies was third with 240 points in balloting by the Baseball Writers' Association of

"I didn't think it would be so conclusive," Votto said of his victory margin.

Votto and Larry Walker (1997) are the only Canadians to win the National League award.

Justin Morneau won American prize in 2006.

The American League MVP will be revealed to-

THE ASSOCIATED PRESS

# Sports in brief



# Pacquiao done in three years?

BOXING. His status as a great fighter secure following his latest victory, Manny Pacquiao plans to leave boxing in three

Pacquiao turns 32 next month and was asked at a news conference when he intends to retire.

"Not too long from now," he said. "But I don't want to go beyond 35." THE ASSOCIATED PRESS

# Vikings fire **Childress**

NFL. The Minnesota Vikings have fired head coach Brad Childress. Defensive co-ordinator Leslie Frazier will serve as interim head coach for the remainder of the sea-

THE ASSOCIATED PRESS

# NHL

EACT	LEDM	CONFEREN	CE

EASTERN CO	NFER	EN(	CE									
	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	22	14	6	2	0	78	55	30	9-4-0-0	5-2-2-0	7-2-1-0	W2
d-Washington	22	14	6	1	1	74	64	30	10-1-0-1	4-5-1-0	6-2-1-1	L3
d-Montreal	21	13	7	1	0	53	42	27	7-4-1-0	6-3-0-0	6-4-0-0	L1
Tampa Bay	21	12	7	2	0	65	65	26	5-2-1-0	7-5-1-0	5-5-0-0	W4
Pittsburgh	22	12	8	2	0	69	59	26	5-5-1-0	7-3-1-0	6-3-1-0	W3
NY Rangers	22	12	9	1	0	65	60	25	5-6-1-0	7-3-0-0	6-4-0-0	W2
Boston	19	11	6	0	2	55	38	24	4-4-0-2	7-2-0-0	4-4-0-2	L2
Ottawa	21	10	10	1	0	52	67	21	6-4-0-0	4-6-1-0	6-4-0-0	W1
Atlanta	21	9	9	1	2	68	73	21	5-5-0-1	4-4-1-1	4-5-0-1	W2
Carolina	20	9	9	0	2	63	68	20	5-3-0-1	4-6-0-1	4-4-0-2	L2
Toronto	20	8	9	1	2	47	55	19	6-4-1-1	2-5-0-1	3-5-0-2	W1
Buffalo	22	8	11	3	0	58	68	19	3-7-1-0	5-4-1-0	5-4-1-0	L1
Florida	19	9	10	0	0	52	48	18	5-3-0-0	4-7-0-0	5-5-0-0	L1
New Jersey	21	6	13	1	1	41	65	14	2-5-1-1	4-8-0-0	3-6-0-1	W1
NY Islanders	20	4	12	2	2	44	71	12	2-4-0-1	2-8-2-1	0-8-1-1	L13
WESTERN CO	NFE	REN	ICE									

********	V											
	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	18	13	3	1	1	66	48	28	9-1-1-1	4-2-0-0	8-1-1-0	W1
d-Los Angeles	20	13	7	0	0	61	49	26	8-1-0-0	5-6-0-0	6-4-0-0	L1
d-Colorado	20	12	7	1	0	72	60	25	6-4-0-0	5-4-1-0	7-3-0-0	W4
Columbus	19	13	6	0	0	55	44	26	6-5-0-0	7-1-0-0	7-3-0-0	W4
St. Louis	19	11	5	1	2	52	51	25	8-0-0-1	3-5-1-1	6-3-0-1	W2
Phoenix	20	10	5	4	1	57	59	25	4-2-2-1	6-3-2-0	7-1-1-1	W6
Chicago	23	11	10	1	1	71	67	24	5-7-0-0	6-3-1-1	4-5-0-1	W1
Vancouver	20	10	7	1	2	58	56	23	6-2-0-1	4-5-1-1	5-4-1-0	L4
Anaheim	23	10	10	2	1	57	69	23	7-3-0-1	3-7-2-0	5-3-2-0	L5
Minnesota	19	10	7	0	2	46	47	22	6-4-0-1	4-3-0-1	5-5-0-0	L1
San Jose	19	9	6	4	0	55	52	22	6-3-2-0	3-3-2-0	4-3-3-0	L3
Dallas	19	10	8	0	1	57	57	21	7-3-0-1	3-5-0-0	5-4-0-1	L2
Nashville	19	9	7	3	0	47	51	21	3-1-3-0	6-6-0-0	4-6-0-0	L1
Calgary	20	8	11	1	0	59	61	17	5-5-0-0	3-6-1-0	2-7-1-0	L2
Edmonton	19	5	10	1	3	49	77	14	2-5-0-1	3-5-1-2	2-6-1-1	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results	
Toronto 4 Dallas 1	
New Jersey 5 Washington 0	
N.Y. Rangers 2 Calgary 1	
Philadelphia 3 Montreal 2	
Columbus 2 Nashville 0	
Ottawa 3 Los Angeles 2	
Tampa Bay 3 Boston 1	
Pittsburgh 3 Florida 2	

## Sunday's results

Edmonton 4 Anaheim 2 Detroit 5 Calgary 4 (OT) Phoenix 3 Vancouver 2 Atlanta 2 N.Y. Islanders 1 (OT)

5. Philadelphia, van Riemsdyk 1 (Coburn, Richards) 7:42

Penalties — Halpern Mtl (slashing) 5:53, Hart-nell Pha (boarding) 7:13, Briere Pha (holding)

Goal — Montreal: Price (L,12-7-1); Philadel-

phia: Boucher (W,3-3-1). Power plays (goals-chances) — Montreal: 0-4; Philadelphia: 0-3. Att. — 19,753 (19,537) at Philadelphia.

First Period 1. Toronto, Kulemin 6 (Grabovski, Schenn)

Neal Dal (slashing) 7:24, Orr Tor (slashing)

Penalties — Barch Dal. Orr Tor (fighting) 2:26.

2. Toronto, Kulemin 7 (Grabovski, MacArthur)

First Period
1. Ottawa, Kovalev 6 (Gonchar, Phillips) 10:00

2. Toronto, Kulemin 7 (Grabovski, MacArthu 14:05 3. Dallas, Richards 10 (Ott, Eriksson) 15:31 4. Toronto, Bozak 3 (Kadri, Versteeg) 17:07 Penalty — Kadri Tor (hooking) 10:11. Third Period

5. Toronto, Versteeg 6 19:49 (en)

15 5 11 9 21 15

Tonight's games (All times Eastern) Edmonton at Phoenix, 9 p.m.

10:21.

Shots

Philadelphia

LEAFS 4, STARS 1

rond Darind

Penalties - None.

Att. - 19 266 at Toronto

SENS 3, KINGS 2

# RANGERS 2, FLAMES 1

First Period

No Scoring. **Penalties** — Bourque Cal (interference) 0:14, Kostopoulos Cal (roughing), Sauer NYR (boarding) 7:10, Kostopoulos Cal, Sauer NYR (fighting) 10:13. Meyer Cal, Sauer NYR (fighting) 17:06, Callahan NYR (slashing) 18:12.

ing) 17:06, Callahan NYR (slashing) 18:12.
Second Period
1. N.Y. Rangers, Boyle 9 (Girardi) 2:08
2. Calgary, Iginia 9 (Bouwmeester, Stajan)
5:16
3. N.Y. Rangers, Girardi 2 (Stepan) 12:41 (pp)
Penalty — Glencross Cal (high-sticking) 12:27.
Third Period
No Scorina

No Scoring Penalty — Dubinsky NYR (high-sticking) 1:14. Shots

6 11 15 8 8 8 Goal — Calgary: Kiprusoff (L.7-10-1): N.Y. Rangers: Biron (W,5-2-0). Power plays (goals-chances) — Calgary: 0-2; N.Y. Rangers: 1-2. Att. — 17,845 (18,200) at New York.

#### **FLYERS 3, CANADIENS 2** First Period

1. Montreal, Lapierre 3 (Pouliot, Halpern) 11:51

2. Montreal, Lapierre 4 (Pouliot, Halpern) 16:07

16:07
Penalty — Pronger Pha (cross-checking) 0:24.
Second Period
3. Philadelphia, Leino 4 (Briere, Hartnell) 14:53
Penalties — Hamrlik Mtl (tripping) 0:15,
Pouliot Mtl (tripping) 5:58, Coburn Pha
(roughing) 16:55
Third Period
4. Philadelphia, Grany 12 (Page O'Deposil)

4. Philadelphia, Giroux 12 (Powe, O'Donnell)

#### Third Period 5. Ottawa, Spezza 6 (Kovalev, Carkner) 11:19 Penalties — Simmonds LA (high-sticking) 0:43, Hale Ott (interference) 14:04.

2. Los Angeles, Kopitar 7, 16:17

Penalties - Smyth LA (fighting), Campoli Ott (fighting, roughing; served by Foligno) 6:19, Simmonds LA (tripping) 8:23.

Second Period

J. Los Angeles, Smyth 7 (Williams) 7:52 (pp)

4. Ottawa, Michalek 5 (Alfredsson) 19:04

Penalties — Phillips Ott (interference) 7:02,
Gonchar Ott (cross-checking) 8:40, Westgartt

LA, Neil Ott (fighting) 11:08, Winchester Ott

Chapting) 10:08

12 7 11 8 7 4 Los Angeles Ottawa 8 / 4 17 Goal — Los Angeles: Quick (L,11-3-0); Ottawa: Leclaire (W,1-3-1). Power plays (goals-chances) — Los Angeles: 1-5; Ottawa: 1-2. Att. — 18,315 (19,153) at Ottawa.

#### **LATE SUNDAY**

#### **COYOTES 3, CANUCKS 2**

First Period

(hooking) 19:50.

No Scoring.

Penalties — Hansen Vcr (hooking) 11:39, Rome Vcr (holding) 15:09

Second Period Second Period

1. Phoenix, Upshall 5 (Yonkman) 2:22

2. Phoenix, Pyatt 2 (Schlemko) 6:07

3. Vancouver, Ehrhoff 3 (Raymond, Burrows)

8:51

4. Vancouver, Glass 2 (Schaefer, Alberts)

Penalties — None. Third Period

5. Phoenix, Pyatt 3 (Yandle, Stempniak) 5:52 Penalty — Kesler Vcr (slashing) 0:35.

Shots Vancouver 10 10 8 Cod Goal — Phoenix: Bryzgalov (W,9-2-5); Vancouver: Luongo (L,7-7-2). Power plays (goals-chances) — Phoenix: 0-3; Vancouver: 0-0. Att. — 18,860 (18,810) at Vancouver.

#### SCORING LEADERS

	G	Α	PT
Stamkos, TB	19	15	34
Crosby, Pgh	14	19	33
Semin, Wash	14	12	26
Ovechkin, Wash	10	16	26
St. Louis, TB	8	18	26
D.Sedin, Vcr	12	12	24
C.Stewart, Col	11	13	24
B.Richards, Dal	9	15	24
H.Sedin, Vcr	2	22	24
Perry, Ana	10	13	23
M.Richards, Pha	9	14	23
Roy, Buf	9	14	23
E.Staal, Car	9	14	23
Not including last night's g	ames		

# CFL

## 98TH GREY CUP

WEEK 22

Sunday's game (All times Eastern) At Edmonton Montreal vs. Saskatchewan, 6:30 p.m

# SOCCER

# **ENGLAND**

PREMIER LEAGUE Yesterday's result Sunderland 2 Everton 2

# **SPAIN**

27

LA LIGA

Yesterday's results Getafe 1 Zaragoza 1

# **NBA**

## EASTERN CONFEDENCE

LAST LINIT COL	AL LIVE	-110	_	
ATLANTIC DIVIS	SION			
	W	L	Pct	GB
Boston	10	4	.714	_
New York	6	8	.429	4
Toronto	5	9	.357	5
New Jersey	4	9	.308	51/2
Philadelphia	3	10	.231	61/2
SOUTHEAST DI	VISIO	l l		
	W	L	Pct	GB
Orlando	9	3	.750	_
Atlanta	8	6	.571	2
Miami	8	6	.571	2
Charlotte	5	8	.385	41/2
Washington	4	8	.333	5
<b>CENTRAL DIVIS</b>	ION			
	W	L	Pct	GB
Chicago	7	4		_
Indiana	6	6		11/2
Cleveland	5	7	.417	21/2
Detroit	5	8	.385	3
Milwaukee	5	8	.385	3
WESTERN CO	NFER	ENC	Έ	
SOUTHWEST D	IVISIO	N		

SOUTHWEST D	IVISIO	V		
	W	L	Pct	G
New Orleans	11	1	.917	-
San Antonio	11	1	.917	-
Dallas	8	4	.667	
Memphis	5	9	.357	
Houston	3	9	.250	
NORTHWEST D	IVISIO	V		

	W	L	Pct	GB
Oklahoma City	9	4	.692	_
Utah	9	5	.643	1/2
Portland	8	6	.571	11/2
Denver	7	6	.538	2
Minnesota	4	10	.286	51/2
DACIFIC DIVICE	ON			

# Pct .857 .538 .462 .333 .071 2 6 7 8 13

LA. Lakers W
Golden State 7
Phoenix 6
Sacramento 4
LA. Clippers 1
Last night's results
Boston 99 Atlanta 76
Indiana 93 Miami 77
Minnesota at Oklahoma City
Phoenix at Houston
Orlando at San Antonio Orlando at San Antonio

Sacramento at Utah Denver at Golden State New Orleans at L.A. Clippers Sunday's results

Sunday's results Toronto 102 Boston 101 New Orleans 75 Sacramento 71 Detroit 115 Washington 110, 0T L.A. Lakers 117 Golden State 89 Tonight's games (All times Eastern)

Cleveland at Indiana, 7 p.m. Atlanta at New Jersey, 7 p.m Philadelphia at Washington, 7 p.m. Charlotte at New York, 7:30 p.m. Detroit at Dallas, 8:30 p.m. Chicago at L.A. Lakers, 10:30 p.m.

## SCORING AVERAGE G FG FT PTS AVG

Durant, OKC	11	101	88	308	28.
Ellis, GOL	13	129	61	337	25.
Bryant, LAL	14	120	100	359	25.
Rose, CHI	11	109	45	277	25.
Nowitzki, DAL	12	112	64	293	24.
Anthony, DEN	13	117	73	317	24.
Martin, HOU	12	80	100	285	23.
Westbrook, OKC	13	95	111	305	23.
James, MIA	13	102	88	304	23.
Gordon, LAC	12	93	83	280	23.
Stoudemire, NYK	14	119	81	324	23.
Wade, MIA	12	91	82	275	22.
Gasol, LAL	14	127	65	319	22.
Scola, HOU	12	110	51	271	22.
Beasley, MIN	13	115	47	291	22.
Gay, MEM	14	121	44	307	21.
Bargnani, TOR	14	112	61	304	21.
Williams, UTA	14	98	87	302	21.
Howard, ORL	12	89	79	257	21.
Granger, IND	11	84	39	234	21.
Not including last	nigh	t's ga	mes		

# **TRANSACTIONS**

## BASEBALL

AMERICAN LEAGUE
CHICAGO WHITE SOX—Claimed RHP Waldis Joaquin off waivers from San Francisco.

#### NATIONAL LEAGUE

CINCINNATI REDS—Agreed to terms LHP Dontrelle Willis on a minor league contract. HOUSTON ASTROS-Named Tom Lawless manager, Don Alexander pitching coach, Stub-by Clapp hitting coach and Eric Montague ath-letic trainer for Corpus Christi (Texas). LOS ANGELES DODGERS-Named Dave Hansen hitting instructor, Trey Hillman bench coach, Davey Lopes first base coach and Tim
Wallach third base coach.
NEW YORK METS—Named Terry Collins man-

PHILADEPHIA PHILLIES—Named Mark Parent manager of Reading (EL), Mickey Morandini manager of Williamsport (N.Y.-Penn) and Chris Truby manager of Lakewood (SAL).

#### **BASKETBALL**

NBA

WASHINGTON WIZARDS—Signed G-F Alonzo Gee. Waived G Lester Hudson

#### NRA DEVELOPMENT LEAGUE RIO GRANDE VALLEY VIPERS-Signed G An-

tonio Anderson, Waived C Jordan Eglseder,

# **FOOTBALL**

LEAGUE OFFICE-Fined Oakland DL Richard Seymour \$25,000, for striking Pittsburgh QB Ben Roethlisberger in the helmet in a Nov. 20

CINCINNATI BENGALS—Placed S Chris Crocker and DE Frostee Rucker on the injured re serve list. Signed CB Jonathan Wade. Activated DE Antwan Odom.

MINNESOTA VIKINGS—Fired coach Brad Chil-

dress. Named Leslie Frazier interim coach.

## **HOCKEY**

NEW JERSEY DEVILS—Recalled D Mark Fayne from Albany (AHL), American Hockey League SAN ANTONIO RAMPAGE—Assigned D Nick Ross to Las Vegas (ECHL).

# **ECHL**

LEAGUE OFFICE—Suspended Elmira's Brennan Turner one game and fined him an undis-closed amount for his actions in a Nov. 21 game at Reading. Fined Toledo's Adam Keefe and Florida's Mike Egener undisclosed amounts for their actions in a Nov. 19 game at

# **LACROSSE**

CALGARY ROUGHNECKS-Named Bob McMahon defensive coordinator

MINNESOTA SWARM—Re-signed F Andrew Watt and F Travis Hill to two-year contract ex-tensions and G Nick Patterson and D Matt Kelly to one-year contracts.

# SOCCER

PORTLAND TIMBERS—Acquired D-MF Jeremy Hall from New York for a 2011 third-round draft pick. Acquired an international roster slot for the 2011 and 2012 seasons from the LA Galaxy in exchange for allocation money.

#### AMERICAN CONFERENCE

EAST						
N.Y. Jets New England Miami Buffalo	8 8 5 2	L 2 2 5	T 0 0 0	Pct .800 .800 .500 .200	PF 238 289 172 213	17 24 20 27
SOUTH						
Jacksonville Indianapolis Tennessee Houston	6 6 5 4	4 4 5 6	0 0 0	.600 .600 .500 .400	220 268 257 244	27 21 19 28
NORTH						
Baltimore Pittsburgh Cleveland Cincinnati	7 7 3 2	3 7 8	0 0 0	.700 .700 .300 .200	233 235 192 215	17 16 20 26
WEST						
Kansas City Oakland San Diego	<b>W</b> 6 5 4	<b>L</b> 4 5	0 0 0	.600 .500 .444	PF 243 238 239	20 22 19
Denver	3	6	0	.333	203	25

## NATIONAL CONFERENCE

EAST						
Philadelphia N.Y. Giants Washington Dallas	W 7 6 5	L 3 4 5 7	T 0 0 0	Pct .700 .600 .500 .300	PF 284 253 202 229	PA 226 220 245 271
SOUTH						
Atlanta New Orleans Tampa Bay Carolina	8 7 7 1	2 3 3 9	0 0 0	.800 .700 .700 .100	256 235 209 117	192 170 206 252
NORTH						
Chicago Green Bay Minnesota Detroit	7 7 3 2	3 7 8	0 0 0	.700 .700 .300 .200	191 252 172 234	146 146 226 237
WEST						
Seattle St. Louis	<b>W</b> 5 4	<b>L</b> 5	<b>T</b> 0 0	Pct .500 .400	PF 185 177	PA 233 198
San Francisco	3	7	0	.300	160	219

## WEEK 11

WEEK 11
Last night's result
Denver at San Diego
Sunday's results
Atlanta 34 St. Louis 17
Baltimore 37 Carolina 13
Buffalo 49 Cincinnati 31
Dallas 35 Detroit 19
Green Bay 31 Minnesota 3
Jacksonville 24 Cleveland 20
Kansas City 31 Arizona 13
New England 31 Indianapolis 28
New Orleans 34 Seattle 19 New Orleans 34 Seattle 19 N.Y. Jets 30 Houston 27 Pittsburgh 35 Oakland 3 Tampa Bay 21 San Francisco 0 Washington 19 Tennessee 16 (OT) Philadelphia 27 N.Y. Giants 17 Thursday's result

# WEEK 12

Chicago 16 Miami 0

(All times Eastern)
Thursday, Nov. 25
New England at Detroit, 12:30 p.m.

New Orleans at Dallas, 4:15 p.m. Cincinnati at N.Y. Jets, 8:20 p.m. Sunday, Nov. 28

Sunday, Nov. 28
Green Bay at Atlanta, 1 p.m.
Tennessee at Houston, 1 p.m.
Minnesota at Washington, 1 p.m.
Pittsburgh at Buffalo, 1 p.m.
Carolina at Cleveland, 1 p.m.
Jacksonville at N.Y. Giants, 1 p.m.
Kansas City at Seattle, 4:05 p.m.
Milami at Oakland, 4:05 p.m.
Philadelphia at Chicago, 4:15 p.m.
St. Louis at Dewrey, 4:15 p.m.
Tampa Bay at Baltimore, 4:15 p.m.
Tampa Bay at Baltimore, 4:15 p.m. San Diego at Indianapolis, 8:20 p.m. Monday, Nov. 29 San Francisco at Arizona, 8:30 p.m.

THE BEST THING TO

**NEW Crossword and Suduko** updated daily.







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17

32

45

47 Lair3

50

► Yesterday's answer

28 29

19

37

45 Wande

46 Before

about

# Crossword

1 Baseball headgear

- 5 Flaccid 9 That woman
- 12 Sandwich cookie
- 13 Declare 14 Massachusetts
- cape
- 15 Football interplay
- 17 Carpet 18 Horse of another
- color?
- 19 At that point
- 21 Bewildered 24 Cat call
- 25 Spiked club
- 26 Not rigid
- 30 Blunder
- 31 French seaport 32 Atmosphere
- 33 Brownish
- songbirds
- 35 Dog bane?
- 36 Squad
- 37 Decorates unnecessarily
- 38 Desert plants
- 40 St. Vincent Millay
- 42 "This tastes
- awful!"
- 43 Acquired however
- possible
- 48 Sheltered side
- 49 Grand tale
- 50 Give a darn
- 51 1960s hallucino-
- 52 Cold and clammy
- 53 Paradise

## Down

- 1 Romaine lettuce
- 4 Evening get-

## 2 Curved line

- 3 Apiece
- kiwi 20 polloi 21 Iowa city 22 Bank bailout

11 Advantage

- acronym
- 23 Relieved an itch 24 Disarray

- 27 Kareem, long ago 28 Told a whopper
- daughter 29 Geological peri-8 Alleged purpose
  - 31 Cooked slowly in a closed pot

13

26

40

16

43

49

26 Gift-tag preposi-

18

34

23

36

39 38

30

33

42

48

together

6 Terrible guy?

7 "Family Guy"

10 Session with a

16 Extinct kin of the

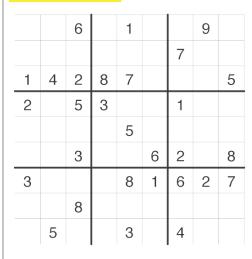
5 Dalai

9 Nut

shrink

- 34 On pension (Ab-
- 35 Husband-to-be 37 Wildebeest 38 Select from a
- group
- 39 Census statistics 40 Ireland
- 41 Wharf structure
- 44 Bookkeeper (Ab-

# Sudoku



# How to play

Fill in the grid, so that every row, every column and every 3x3 boxcintains the digits 1-9. There is no math involved. You solve the puzze with reasoning and logic.

Yesterday's answer ▶

3	2	5	9	6	4	7	8	1
8	1	9	2	7	3	4	6	1 5
4	7	6	8	5	1	9	2	3
7	9	3	6	1	8	5		2
2	8	4	3	9	5	1	7	
6	5	1	4	2	7	8	3	9
1	6	2	7	8	9	3	5	4
5	4	7	1	3	6	2	9	8
9	3	8	5	4	2	6	1	7

# Send a



Show some love! Send a note to somebody special at kiss@metronews.ca

Hi Boo, Sorry I have to be away again and the week long trips are the worst. I miss you so much and can't wait to come home and snuggle.

## LOVE YOUR BEAR

Glenna, I love you with all of my heart and I want to spend the rest of my life with you. You are the most beautiful person on the planet and I miss your card tricks by the way! LOVE, IOEL XOXOXO

gorde, I want to wish you a very happy birthday and promise this year will be better than the last.

Samantha babe, you are the most amazing person I've ever met. words cant describe my love for you. i love you, and i always will no matter what, cant wait for the months ahead!

WITH LOTS OF LOVE - AARON

# Today



# Wednesday





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# Today's horoscope

#### T Aires March 21-April 20 You may have to work twice as hard tomorrow to catch up on the things you should do today, but that's okay. If you're not in the mood to push yourself why force it?

#### ¥ Taurus April 23-May 21 Are you getting something back for the time and energy you are putting in to solving other people's problems? If not, you might like to reconsider your decision to help them.

II Gemni May 22-June 21 You don't need to tear everything down and start again. There is precious little wrong with your life as it is, despite what some people may be trying to tell you. Listen to their advice, but feel free to ianore it.

### G Cancer June 22-July 22 It

may seem as if your progress on the work front is limited. but it won't be long before you get some clear signs that you are on the verge of a breakthrough.

to be having some heavy thoughts today. Most likely it's iust the hangover from the party life you indulged in over the weekend finally catching up with you. You can't escape it forever, you know.

My Virgo Aug. 24- Sept. 22 You may be the victim of a whisson stirring things up. Everyone else still likes vou.

0

pering campaign, but there is no reason to get worked. Most likely it is one disgruntled per-

 ← Libra Sept. 23-Oct. 23 Saturn in your sign makes it difficult for you to understand why people act in certain ways, but there's no point getting annoyed because you won't change them.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

M Scorpio Oct. 24-Nov. 22 YOU are at the halfway point of a project and must see it through. If you give up now, you will look back and wonder what might have been. Find that Scorpio staying power.

## 

Nov. 23-Dec. 21 The Sun's move into your sign has filled your head with seriously big plans but don't just throw yourself at them without any thought that's inviting disappointment. Take your time and get it right.

# り Capricorn Dec. 22-Jan. 20

Some unfortunate person is going to be on the receiving end of your sharp tongue today. Once you've let off steam make a point of making up again. You need each other.

Aquarius Jan. 21-Feb. 18 Don't take anything too seriously today. Getting worked up about this or that injustice won't make things better. Stay calm and find practical ways to

help. It's what you're good at.

H Pisces Feb. 19-March 20 You want to help people who are struggling but you also want them to learn to help themselves, so a balance will be necessary. The real effort must come from them. SALLY BROMPTON

**Caption contest** 





Write a funny caption for the image to the right and send it to metronews.ca - the winning caption will be published in tomorrow's Metro





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via Toronto

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Breakfast • Luxe island view rm. Jan. 8-29 • 1 wk.

\$1059

# DOMINICAN REPUBLIC

## Punta Cana

Occidental Grand Punta Cana • 4 \*

All-Inclusive • Junior suite Jan. 8 - 29 • 1 wk.

# **TURKS & CAICOS**

Ocean Club Resort • 3 1/2 ★

Studio suite Dec. 20 • 1 wk.

## **CUBA**

## Varadero

Allegro Varadero • 3 ★

All-Inclusive • Superior rm.

Dec. 25 • 1 wk. +Taxes & other fees: \$222 Departure tax: 25 CUC cash, paid locally

Santa Clara

Royal Hideaway Ensenachos • 5 ★

All-Inclusive Royal spa premium rm. Dec. 26 • 1 wk.

+Taxes & other fees: \$22 Departure tax: 25 CUC cash, paid locall

## **JAMAICA**

Gran Bahia Principe Jamaica • 4 1/2 ★

All-Inclusive • Junior suite Jan. 8. 15 & 22 • 1 wk.



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Gran Bahia Principe Tulum • 5 ★

All-Inclusive • Standard rm. Jan. 22 • 1 wk.



Puerto Vallarta/Riviera Nayarit

via Toronto Golden Crown Paradise • 4 ★

All-Inclusive • Oceanview rm. Dec 21 • 1 wk

\$14**9**9 +Taxes & other fees: \$295

## **USA** via Calgary

# Orlando

Clarion Hotel Maingate • 2 1/2 ★

Standard rm. Jan. 15 • 1 wk.

New York City Wyndham Garden Hotel Times Square South • 3 1/2 ★

Double one-bed rm. Jan 10 - 31 • 3 nts

\$499

## **CRUISE**

Royal Caribbean International<sup>1</sup> Serenade of the Seas®

Southern Caribbean Cruise Flight to San Juan via Toronto Interior stateroom, cat. M Mar. 19 • 1 wk.

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Iberostar Cozumel • 4 ★

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## 2008 CADDY SRX AWD



DVD **LEATHER** 

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# 2010 TRAVERSE LT



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\$29,888\*

## 2010 YUKON XL SLT



8 passenger, XL model, heated leather, back up camera. Rental Return Bal GM Warranty.

\$38**,**888

## 2010 EXPRESS CARGO



1500 Cargo, V6, Air conditioning. Rental Return Bal GM Warranty.

\$19,888**\*** 

# 2010 CADDY SRX AWD



4 door, 20" rims, navigation, sunroof, GM Company vehicle. Bal Facility Warranty.

\$46,888\*

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2004	VIBE	auto, air	83,970km <mark>\$8,888*</mark>
2007	ION	4-door, auto, air	75,246km <mark>\$8,888*</mark>
2008	COBALT LT	auto, air	24,937km <b>\$10,888*</b>
2006	G6 GT COUPE	sunroof	70,120km <b>\$11,888</b> *
2008	IMPALA LTZ	roof	115,112km <b>\$15,888*</b>
2007	LUCERNE CXL	loaded	98,095km <b>\$16,888*</b>
2007	LUCERNE CXL	leather	43,710km <b>\$17,888*</b>
2009	MALIBU LT	alloy wheels	10,650km <b>\$20,888*</b>
2010	CADDY CTS AV	<b>VD</b> leather	21,546km <b>\$32,888</b> *
2010	CADDY STS	sunroof	21,882km <b>\$33,888*</b>

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2008	G6 GT CONVERTIBLE leather	24,691km <b>\$19,888</b>
2010	CAMARO SS V8, 6 speed	d, roof 42,466km <mark>\$27,888</mark>
2010	CAMARO SS V8, auto, le	ather 45,328km <b>\$27,888</b>
2007	CORVETTE CONVERTIBLE auto	39,565km <b>°39,888</b>
2010	CORVETTE CONVERTIBLE grand s	port 1,800km <mark>\$68,888</mark>

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